



Cultural Adaptation and Resilience in Southern African Migrant Communities: A Mauritian Perspective

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Published: 28 February 2008 | **Received:** 30 September 2007 | **Accepted:** 22 January 2008

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DOI: [10.5281/zenodo.18870330](https://doi.org/10.5281/zenodo.18870330)

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Abstract

This review examines a book that delves into cultural adaptation and resilience within migrant communities in Southern Africa from a Mauritian perspective. No specific empirical data is presented or analysed in this book; instead, it relies heavily on qualitative interviews and case studies conducted with Mauritian migrant communities across Southern Africa. The analysis reveals a significant trend of cultural resilience among Mauritians in adopting local customs while maintaining their traditional practices, which contributes to their social cohesion and economic success. This book highlights the importance of recognising both challenges and opportunities faced by Mauritian migrants in Southern African contexts, offering insights that can inform policy and community development efforts. The review suggests policymakers should consider cultural sensitivity when designing programmes for migrant populations, emphasising the need to support cultural integration alongside economic assistance.

Keywords: *Southern Africa, Migration Studies, Cultural Adaptation, Resilience Studies, Diaspora Studies, Ethnography, Community Studies*

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