



Cultural Adaptation Strategies in Resilient Migrant Communities of Southern Africa: An Ethiopian Perspective

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Abstract

Cultural adaptation strategies are crucial for migrant communities in Southern Africa, particularly those from Ethiopia who face unique challenges due to historical and contemporary migration patterns. A qualitative approach was employed through interviews with community leaders, focus group discussions, and secondary data analysis of existing studies on migration policies and community development initiatives in Ethiopia and Southern Africa. The findings indicate that a tailored cultural adaptation programme focusing on language training and traditional integration workshops has shown significant improvement in social cohesion among Ethiopian migrants in South Africa. This approach was effective in reducing feelings of isolation and fostering a sense of belonging within the host communities. This study underscores the importance of culturally sensitive policies and community engagement strategies to support resilient migration outcomes for Ethiopian populations in Southern Africa. Policymakers are encouraged to implement tailored cultural adaptation programmes, enhance language training resources, and promote cross-cultural awareness workshops as part of comprehensive migrant integration initiatives.

Keywords: *Sub-Saharan, resilience, diaspora, syncretism, ethnomethodology, multiculturalism, acculturation*

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