



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Moroccan Perspective

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## Abstract

Migrant communities in Southern Africa represent a significant demographic shift, with Morocco being a crucial contributor to this migration. This study focuses on Moroccan migrants' experiences and adaptations within these communities. Qualitative research methods were utilised, including semi-structured interviews with a purposive sample of Moroccan migrants from diverse backgrounds residing in selected cities across Southern Africa. Data was analysed using thematic analysis to uncover patterns and themes related to cultural adaptation and resilience. Interviews revealed significant variations in the degree of cultural integration among respondents, ranging from those who fully adopted local customs to others maintaining strong ties with their Moroccan heritage. Themes emerged around language proficiency, dietary practices, and social networks as key factors influencing adaptation strategies. This study highlights the complex interplay between cultural preservation and community cohesion in migrant settings, offering insights into how Moroccan migrants navigate the challenges of living in Southern Africa. Given the findings, recommendations include fostering culturally sensitive policies that support both integration efforts and cultural preservation initiatives within migrant communities. Moroccan Migrants, Cultural Adaptation, Resilience, Southern Africa, Qualitative Study

**Keywords:** *Sub-Saharan, Diaspora Studies, Ethnography, Intercultural Communication, Cultural Identity, Migration Theory, Community Resilience*

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