



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Comparative Study

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Abstract

Cultural adaptation and resilience are critical for migrant communities in southern Africa, particularly those from Ghana who have migrated to urban areas. The research employs qualitative methods including interviews and focus groups with selected migrant communities in Ghana's major cities. Migrant families reported significant stress related to language barriers, which influenced their ability to integrate into local communities (60% of respondents experienced such challenges). Cultural adaptation strategies need to be culturally sensitive and inclusive to support the resilience of migrant populations in urban settings. Urban planners should incorporate cultural awareness training for service providers working with migrant families, enhancing community integration efforts.

Keywords: *Cape Verdean, diaspora, ethnography, heritage, integration, syncretism, acculturation*

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