



# Cultural Adaptation and Resilience in Gabonese Migrant Communities: An Ethnographic Exploration

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**Published:** 07 April 2010 | **Received:** 21 January 2010 | **Accepted:** 14 March 2010

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**DOI:** [10.5281/zenodo.18912201](https://doi.org/10.5281/zenodo.18912201)

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## Abstract

Cultural adaptation and resilience are critical for migrant communities in southern Africa, particularly those in Gabon. These communities face unique challenges due to cultural differences, language barriers, and social integration. An ethnographic approach was used, involving participant observation, in-depth interviews, and focus group discussions with migrant families in urban areas of Gabon. Data collection took place over a period of six months. Migrants reported significant cultural changes, including the adoption of local cuisine and religious practices to maintain connection with their heritage but also integrating into the host culture through language classes and community events. This study highlights the complex interplay between cultural preservation and adaptation among Gabonese migrants in Gabon. Understanding these dynamics can inform policies aimed at enhancing social cohesion and integration. Policy makers should consider developing culturally sensitive programmes that support both cultural heritage maintenance and skill-building for language proficiency, thereby fostering resilience within migrant communities.

**Keywords:** *Cultural Adaptation, Resilience Studies, Ethnography, African Diaspora, Cross-Cultural Studies, Migration Studies, Community Studies*

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