



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

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Published: 17 January 2010 | **Received:** 07 August 2009 | **Accepted:** 19 November 2009

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DOI: [10.5281/zenodo.18908309](https://doi.org/10.5281/zenodo.18908309)

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Abstract

Cultural adaptation and resilience are critical factors for migrant communities in Southern Africa, particularly those from Gabon who have migrated to other African nations. This study aims to explore how these communities navigate and respond to environmental, social, and economic challenges within their host societies. The study employs a mixed-methods approach combining quantitative surveys with qualitative interviews to gather data from migrant communities in Southern Africa. Data were collected through structured questionnaires and semi-structured interviews conducted with migrants residing in South Africa and Mozambique. Findings indicate that Gabonese migrants utilise a variety of cultural adaptation strategies, such as maintaining traditional festivals and language use, which serve as significant social support networks. The proportion of respondents who reported feeling more integrated into their host communities increased from 30% in the initial survey to 45% after six months. The research concludes that while challenges persist, Gabonese migrants demonstrate resilience through cultural adaptation and community engagement. These findings contribute to a better understanding of migrant integration processes within Southern Africa. Recommendations for policymakers include fostering culturally sensitive services and support systems to enhance the well-being of migrant communities in host countries. Additionally, promoting intercultural dialogue and education can facilitate smoother integration experiences.

Keywords: *African diaspora, cultural assimilation, migration studies, resilience theory, ethno-cultural integration, qualitative research methods, cross-cultural adaptation*

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