



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: Mozambique's Experience

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## Abstract

Southern Africa has seen significant migration patterns, particularly from Mozambique to neighboring countries like South Africa and Zimbabwe. This movement often involves cultural adaptation challenges for migrants. No empirical data were collected; instead, the analysis is based on existing literature, case studies, and theoretical frameworks relevant to cultural adaptation in migration contexts. Mozambique's experience highlights the importance of culturally sensitive policies and support systems in fostering resilience within migrant populations. These insights can inform broader migration studies and policy development in Southern Africa. Policy makers should prioritise language education programmes, encourage community-based cultural centers, and provide resources for mental health services to aid migrant integration processes.

**Keywords:** *Cultural Adaptation, Resilience Studies, Migration Studies, Southern Africa, Diaspora Studies, Community Development, Ethnography*

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