



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

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Abstract

Cultural adaptation is a critical factor in the success of migrant communities, particularly in contexts where they face diverse socio-economic conditions and cultural barriers. This study employs ethnographic interviews and participant observation among Senegalese migrant communities, focusing on urban centers such as Durban and Johannesburg. Data analysis includes thematic coding of interview transcripts and field notes. Senegalese migrants exhibit a high degree of cultural flexibility, often integrating local customs while maintaining core traditions, which contributes to their resilience in the face of economic challenges and social integration pressures. The findings suggest that cultural adaptation strategies are essential for migrant resilience in Southern Africa, particularly in contexts where they must balance tradition with modernity. Governments and community organizations should promote culturally sensitive policies that support both the preservation of Senegalese heritage and integration into local cultures.

Keywords: *African diaspora, cultural adaptation, resilience, multilingualism, syncretism, ethnography, migration studies*

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