



# Cultural Adaptation and Resilience Among Migrant Communities in Southern Africa: A Comparative Study in Uganda

Cultural Adaptation and  
Resilience Among Migrant

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## Abstract

Cultural adaptation and resilience are critical for migrant communities in southern Africa, particularly those from Uganda who seek opportunities in urban centers. This comparative study employed qualitative research methods including semi-structured interviews and focus groups, conducted among Ugandan migrant communities across two major cities: Kampala and Johannesburg. Data were analysed using thematic content analysis. Ugandan migrants in both urban centers reported significant cultural challenges, with a clear preference for maintaining traditional practices over integrating into the local culture (60%). Despite facing substantial cultural barriers, Ugandan migrant communities exhibit remarkable resilience and a strong commitment to preserving their heritage. Migrant support services should prioritise culturally sensitive interventions that acknowledge and respect these values while also promoting integration opportunities.

**Keywords:** *Sub-Saharan, African, Socio-cultural, Homelands, Migrant, CulturalIdentity*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

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