



Cultural Adaptation and Resilience in Southern African Migrant Communities: An Action Research Study

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Abstract

Migrant communities in Southern Africa face unique challenges related to cultural adaptation and resilience when living in Egypt. This study employed an action research approach involving qualitative data collection through interviews and focus groups with migrants. Communities identified cultural barriers such as language differences and dietary restrictions, yet also found social support networks which bolstered resilience. Cultural adaptation strategies and community support structures are critical for migrant resilience in Egyptian settings. Policy makers should recognise the importance of cultural integration programmes and social support services for Southern African migrants.

Keywords: *Southern, African, Migration, Adaptation, Resilience, Qualitative, Community*

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