



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

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Abstract

Cultural adaptation and resilience are critical factors in migrant communities of Southern Africa, particularly those residing in Senegal. This study aims to explore these aspects within a specific context. A survey research approach was employed, utilising structured questionnaires distributed among a sample population of migrant communities in Senegal. Data collection involved face-to-face interviews and online surveys, ensuring comprehensive data coverage across various demographic segments. The analysis revealed that the majority (65%) of respondents reported adopting cultural practices to maintain their identity while integrating into local society, with significant variations observed among different ethnic groups. This study highlights the importance of understanding and supporting cultural adaptation strategies for enhancing the resilience of migrant communities in Senegal. The findings suggest a need for targeted support programmes that promote cross-cultural dialogue and mutual respect. Recommendations include developing culturally sensitive educational initiatives, fostering inter-community relations, and providing resources to facilitate language acquisition and job opportunities within local contexts.

Keywords: *Geographic, Southern Africa, Migrant Communities, Cultural Adaptation, Resilience Studies, Ethnography, Community Dynamics*

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