



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

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Abstract

Ugandan migrant communities in southern Africa face unique challenges related to cultural adaptation and resilience. A survey was conducted among Ugandan migrants living in Southern Africa, employing qualitative content analysis to interpret responses related to cultural adaptation strategies and resilience factors. Findings indicate that approximately 75% of respondents reported strong social support networks as a key factor facilitating their cultural adaptation. Themes emerged around language barriers, dietary customs, and religious practices. The study highlights the importance of culturally tailored interventions to enhance resilience among Ugandan migrant communities in Southern Africa. Recommendation for policymakers includes developing targeted community programmes that incorporate local cultural elements into support structures.

Keywords: *Sub-Saharan, African, CulturalAssimilation, MigrantStudies, ResilienceTheorizing, Socio-EconomicAdaptation, TransnationalCommunities*

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