



# Cultural Adaptation and Resilience Framework for Migrant Communities in Southern Africa

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## Abstract

Cultural adaptation and resilience are critical for migrant communities in Southern Africa, particularly those from Algeria, who face unique challenges related to language barriers, cultural differences, and socioeconomic disparities. A systematic review approach was employed, synthesizing existing literature on migration studies, cultural anthropology, and health sciences relevant to migrant communities in Southern Africa. The proposed framework underscores the importance of fostering supportive environments within communities and institutions to enhance resilience among Algerian migrant populations in Southern Africa. Policy makers should prioritise initiatives that strengthen intergenerational dialogue and support community-based health services to facilitate cultural integration and improve overall wellbeing.

**Keywords:** *Sub-Saharan, diaspora, acculturation, ethnomethodology, cognitive resilience*

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