



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An Ethnographic Study in Uganda

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Abstract

Migrant communities in Southern Africa face unique challenges related to cultural adaptation and resilience as they navigate new environments. This study employed ethnographic methods including participant observation, semi-structured interviews, and focus group discussions to capture the experiences of migrants from diverse ethnic backgrounds. Participants reported a significant improvement in their proficiency in local languages over two years compared to baseline assessments, essential for social integration and economic participation. The study highlights the importance of cultural adaptation programmes that integrate language training and community engagement initiatives to support migrant resilience. Policy makers should invest in culturally sensitive educational resources and promote intercultural dialogue to enhance migrant well-being and social cohesion. Cultural Adaptation, Resilience, Migrant Communities, Southern Africa, Uganda

Keywords: *Geographic, Southern, Adaptation, Resilience, Communal, Migration, Ethnography*

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