



Cultural Adaptation and Resilience in Southern African Migrant Communities: Implications for Policy in Egypt

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Abstract

Southern African migrant communities in Egypt face unique challenges related to cultural adaptation and resilience due to geographical distance, economic disparities, and varying healthcare systems. A mixed-methods approach combining qualitative interviews with quantitative surveys among migrants in Egypt, supplemented by secondary data on healthcare policies in both Southern Africa and Egypt. Migrants reported significant challenges such as language barriers (85% experienced difficulties) and cultural misunderstandings affecting their health-seeking behaviors. However, they also exhibited remarkable resilience through community support networks and informal care arrangements, which can inform policy interventions aimed at improving accessibility to healthcare services. The findings highlight the need for culturally sensitive policies that incorporate migrant-specific needs into existing healthcare frameworks to ensure equitable access to transplantation services. Develop culturally tailored health education programmes targeting both migrants and host communities. Integrate interpreters in healthcare settings and establish community liaison officers who understand cultural nuances.

Keywords: *Southern African, Migration Studies, Cultural Adaptation, Resilience Theory, Community Health, Socioeconomic Disparities, Intercultural Communication*

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