



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Ghanaian Perspective

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Abstract

Cultural adaptation and resilience are critical in understanding how migrant communities navigate life in Southern Africa, particularly among Ghanaian migrants. Not applicable These findings highlight the importance of cultural continuity and adaptation for migrant communities' well-being and social integration in Southern African societies. Supportive policies should recognise and incorporate these adaptive strategies into community support systems, fostering a more inclusive environment for migrants.

Keywords: *Sub-Saharan, diaspora studies, cultural brokerage, intercultural communication, resilience theory, ethnohistory, qualitative methodology*

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