



Cultural Adaptations and Resilience in Namibian Migrant Communities: A Scholarly Reflection

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Abstract

This commentary explores cultural adaptations and resilience within Namibian migrant communities in southern Africa, focusing on their integration into urban environments. No empirical data was collected for this commentary; instead, it draws on existing literature and ethnographic studies conducted within Namibian migrant communities. This commentary underscores the importance of understanding and supporting migrant communities to foster inclusive urban development in Namibia and beyond. Local authorities should implement policies that recognise and value cultural diversity, while also providing targeted support services to enhance economic participation and social cohesion among migrants.

Keywords: *Namibia, Migration Studies, Cultural Resilience, Urbanization, Community Dynamics, Ethnography, Anthropology*

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