

Universidade do Minho
Instituto de Ciências Sociais

Simon Okechukwu Ayogu

**Transnational Migration and
(In)security: Challenges, Threats
and Vulnerabilities of the African
Immigrants in Portugal**



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Immigrants in Portugal**

PhD Thesis

Doctoral program in Sociology

Work supervised by:

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February 2025

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most daunting stages of these doctoral studies. To all those who have contributed to my training, known or unknown, nobody deserves my thanks more than you do. I am forever indebted.

DECLARATION OF INTEGRITY

I declare that I have conducted this academic work with integrity. I confirm that I have not used plagiarism, any form of undue information use, or falsified results during the process leading to its elaboration.

I further declare that I have fully acknowledged the Code of Ethical Conduct of the University of Minho.

University of Minho, Braga, February 2025

Simon Okechukwu Ayogu

ABSTRACT

Transnational Migration and (In)security: Challenges, Threats and Vulnerabilities of African Immigrants in Portugal

This research conducts a sociological study on migration and transnationalism as social phenomena that persist and continue to gain significance in contemporary societies. Industrialised nations with low birth rates depend on migrants to fill gaps in the labour market. At the same time, political and economic instability in the Global South propels mass migration to the more stable and prosperous countries of the Global North.

This movement has significant consequences and implications for both the countries of origin and those of destination, contributing to the widening of transnational relations. This study expands migration research beyond the borders of Lusophone African countries, as recent migration trends have seen many non-Lusophone African migrants arrive in Portugal.

Our study examines the elements of African migration to Portugal in the 21st century, focusing on contemporary (in)security issues: the challenges, threats, and vulnerabilities faced by African immigrants in Portugal. Various factors, from economic aspirations to socio-political challenges, underscore the complex nature of African migration to Portugal. The study utilised semi-structured interviews with participants aged between 20 and 65 (n = 30) and thematic analysis of the collected data.

The results indicated that economic prospects in Portugal were the primary factor attracting most migrants. Besides financial difficulties, deficiencies in the education and health systems, political instability, and substandard public services were also cited as motivations for migration by the African immigrants included in the sample of this study.

This thesis contributes significantly to understanding the challenges surrounding migration and integration strategies and knowledge of African migration to Portugal and transnationalism. It offers relevant information for future research and policy interventions and aims to inform and enlighten the academic community, policymakers, and individuals interested in migration studies and policy initiatives.

Keywords: African migrants, insecurity, migrant vulnerabilities, Portugal, transnationalism

RESUMO

Migrações Transnacionais e (In)segurança: Desafios, Ameaças e Vulnerabilidades dos Imigrantes Africanos em Portugal

Esta investigação realiza um estudo sociológico sobre as migrações e o transnacionalismo enquanto fenómenos sociais que persistem e continuam a ganhar significado nas sociedades contemporâneas. As nações industrializadas com baixas taxas de natalidade dependem dos migrantes para preencher as lacunas no mercado de trabalho. Ao mesmo tempo, a instabilidade política e económica no Sul Global impulsiona a migração em massa para os países mais estáveis e prósperos do Norte Global.

Este movimento tem consequências e implicações significativas tanto para os países de origem como para os de destino, contribuindo para o alargamento das relações transnacionais. Este estudo expande a investigação sobre migração para além das fronteiras dos países africanos lusófonos, uma vez que as tendências migratórias recentes têm visto muitos migrantes africanos não lusófonos chegarem a Portugal. O nosso estudo examina os elementos da migração africana para Portugal no século XXI, centrando-se nas questões contemporâneas de (in)segurança: os desafios, ameaças e vulnerabilidades enfrentados pelos imigrantes africanos em Portugal. Vários fatores, desde as aspirações económicas aos desafios sociopolíticos, sublinham a natureza complexa da migração africana para Portugal. O estudo recorreu a entrevistas semiestruturadas com participantes com idades compreendidas entre os 20 e os 65 anos ($n = 30$) e à análise temática dos dados recolhidos.

Os resultados indicam que as perspetivas económicas em Portugal são o principal fator que atrai a maioria dos imigrantes. Para além das dificuldades financeiras, as deficiências nos sistemas de educação e de saúde, a instabilidade política e os serviços públicos de má qualidade foram também citados como motivações para a migração pelos imigrantes africanos incluídos na amostra deste estudo.

Esta tese contribui significativamente para a compreensão dos desafios em torno das estratégias de migração e integração e para o conhecimento da migração africana para Portugal e do transnacionalismo. Oferece informação relevante para futuras investigações e intervenções políticas e visa informar e esclarecer a comunidade académica, os decisores políticos e os indivíduos interessados nos estudos sobre migração e iniciativas políticas.

Palavras-chave: Migrantes africanos, insegurança, vulnerabilidades dos migrantes, Portugal, transnacionalismo

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LIST OF ABBREVIATIONS AND ACRONYMS

AIMA	Agência para a Integração, Migração e Asilo (Agency for Integration, Migration and Asylum)
CPLP	Comunidade dos Países de Língua Portuguesa (Community of Portuguese Language Countries)
ECRSSH	Ethics Committee for the Research in Social Sciences and Humanities
EP	European Parliament
ICMPD	International Centre for Migration Policy Development
IOM	International Organisation for Migration
IPCC	Intergovernmental Panel on Climate Change
OECD	Organisation for Economic Co-operation and Development
PRB	Population Reference Bureau
SEF	Serviço de Estrangeiros e Fronteiras (Portuguese immigration and borders service)
UN	United Nations
UNCTD	United Nations Conference on Trade and Development
UNDESA	United Nations Department of Economic and Social Affairs
UNDP	United Nations Development Program
WDR	World Development Report

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“The new agenda for sustainable development recognises migrants, refugees, and displaced persons as vulnerable groups and calls for full respect for their human rights. Pursuing the new goals and targets, including the one for universal health coverage, will address multiple economic, social, and environmental determinants of the well-being of people and the planet that sustains them.”

- Margaret Chan, Director-General of the World Health Organisation¹

“The extraordinary challenges, such as the current refugee and migration situation, require us to work together to address their root causes in countries of origin and countries of transition and destination. We need to collaborate on this new challenge and find new and sustainable response methods.”

- Phumzile Mlambo-Ngcuka¹

“Through transnational activities, immigrants become trans-migrants able to maintain, build, and reinforce multiple linkages with their countries of origin.”

-Schiller et al. ²

¹ On the adoption of the 2030 Agenda for Sustainable Development by the United Nations (25-27 September, 2015). The new Agenda. Transforming our world: The 2030 Agenda for Sustainable Development. Declaration 23, A/RES/70/1. <https://sustainabledevelopment.un.org/content/documents/21252030%20Agenda%20for%20Sustainable%20Development%20web.pdf?ref>

² Excerpt from Schiller et al., (1992). Cited in Dunn (2005, pp.16). Dunn, K. M. (2005). A paradigm of transnationalism for migration studies. New Zealand Population Review, 31(2), 15-31.

INTRODUCTION

In recent decades, the movement of people across national borders has intensified, driven by a complex interplay of factors, including economic disparities, political instability, environmental changes, and the aspiration for better opportunities and improved living conditions (Heins, 2024). Amidst these global migratory flows, African migrants represent a substantial and dynamic group whose experiences and challenges provide critical insights into the broader context of transnational migration (Ciabbarri & Simonsen, 2024). Transnational migration has emerged as a definitive phenomenon of the 21st century, transforming societies, reshaping economies, and altering cultures globally. Transnationalism defies the traditional binary approach to migration, which views it as a linear departure, arrival, settlement, and integration process. Instead, it emphasises the fluidity and simultaneity of cross-border interactions, acknowledging the complex and ongoing nature of migrant experiences (Heins et al., 2023; Laubenthal, 2023; Massey, 2023). Among the regional migration flows, the movement of African migrants to Europe, particularly to countries like Portugal, stands out due to its historical, socio-economic, and geopolitical dimensions (Idemudia & Boehnke, 2020).

Transnationalism, as articulated and expounded upon by Schiller et al. (1992), offers a lens for understanding the continuous interactions and connections that migrants maintain across borders. Migration significantly influences the social fabric of sending and receiving countries, as migrants contribute to the host society in numerous ways, including cultural diversity, labour force participation, and economic contributions through remittances (Ratha et al., 2011). Migrants also face substantial challenges that must be addressed to foster social cohesion and prevent marginalisation. This perspective highlights the multi-sited nature of migrants' lives, where they simultaneously navigate and negotiate their identities, affiliations, and activities within multiple national contexts. For African migrants in Portugal, this entails maintaining cultural, economic, and social ties with their countries of origin while adapting to the host society (Peixoto et al., 2019). For Portugal, a country with a colonial history in Africa, understanding current migration trends and their implications is crucial for formulating inclusive social policies and promoting multicultural integration.

From the migrants' perspective, their lived experiences, aspirations, and the numerous obstacles they face evoke emotions and perceptions, depending on how they unfold. Moreover, there are frequent mentions in the literature of issues such as discrimination, cultural adaptation, and socio-economic integration, which are critical areas of concern (Huff et al., 2021; Djogbenou et al., 2024; Wang & Giovanis, 2024). Understanding these aspects can inform better support systems and integration policies, ultimately enhancing the well-being and potential of African migrants in any location where the migration winds carry them.

In doing this, the focus need not be solely on providing insights into the transnational connections maintained by migrants; highlighting the ongoing ties with their countries of origin and the dual influence on host and home societies also becomes relevant.

My interest in this thesis, which offers profound insight into the realities faced by migrants from African Indigenous communities living in Portugal and striving to access necessary interventions, stems firstly from my own experience as a migrant, having resided in Portugal for many years, and secondly from my interactions with various groups of African migrants from diverse backgrounds living in Lisbon, where I served as the chaplain of the African Catholic Community.

This research domain addresses critical issues at the forefront of sociopolitical discourse, influencing policy-making, international relations, and the everyday lives of millions of individuals worldwide. In host countries, migrants contribute to economic growth, cultural diversity, and innovation; however, they also encounter significant obstacles that impede their integration and overall well-being. By examining their insecurities and vulnerabilities, this research can inform the development of policies and practices to enhance their social inclusion, access to services, and protection of their rights. For home countries, understanding the experiences of their diaspora can guide efforts to support their citizens abroad and leverage the potential benefits of migration, such as remittances and the transfer of skills.

Furthermore, this study intersects numerous disciplines, including sociology, anthropology, political science, geography, public health, and more. This interdisciplinary approach enhances the understanding of migration as a complex and dynamic phenomenon influenced by various social, economic, and political factors. The scientific investigation into the drivers of migration, patterns of movement, and resultant challenges improves theoretical frameworks. It contributes to more comprehensive models of human mobility and broadens the discourse in the literature concerning the dynamism of Afro-Luso migration. By focusing on African migrants in Portugal, the findings from this study can inform evidence-based policymaking in developing targeted interventions that address the specific needs and vulnerabilities of migrant populations.

This study on “Transnational Migration and (In)security: Challenges, Threats and Vulnerabilities of African Immigrants in Portugal” specifically aims to identify the insecurities, challenges, threats, and vulnerabilities confronted by transnational migrants of African origin in their host, transit, or home countries, and to ascertain how these factors influence the future of African migration to Portugal. To achieve this aim, the research has outlined the following general objectives:

The first objective is to identify the participants' motives for emigration and determine whether there are differences in addressing the basic needs of locals and African migrants regarding their livelihood and living conditions. The second objective aims to identify the significant challenges, insecurities, and threats that, due to their diverse backgrounds, could increase the vulnerability of African migrants in their host country. The third objective is to analyse the relationship between these challenges, the opportunities for integration, and the decisions surrounding return migration. The fourth objective is to elaborate on the interviewees' expectations regarding resolving issues related to migrants' well-being.

Furthermore, to achieve these objectives, the study aims to answer the following research questions:

- a) What challenges did migrants face in their home countries that influenced their decisions to migrate?
- b) What are the primary sources of insecurity, threat, and economic vulnerability that African migrants face in Portugal?
- c) How do African migrants in Portugal navigate and confront different forms of insecurity, including threats to their physical safety, acts of violence, exploitation, and discrimination?
- d) To what degree do transnational networks, social support systems, and community resilience mechanisms enhance the protection and resilience of migrants against insecurity?
- e) What policy frameworks and interventions are necessary at national and transnational levels to address the security needs and promote the protection of African migrants in Portugal?
- f) Do these experiences have lasting implications for the future paths of African migrants in Portugal?

Within the framework of transnationalism, migration theory emphasises the ongoing cross-border connections that migrants maintain, which challenges traditional notions of migration that focus solely on one-way movement and settlement (Bilecen & Lubbers, 2021). The study identifies three main types of theories: micro-level theories, which consider migration decisions from an individual perspective, including expectations, plans, and constraints; macro-level theories that highlight migration decisions from an aggregate viewpoint, encompassing the macroeconomic structure of the economy; and meso-level theories that bridge migration decisions between micro and macro levels, incorporating family ties, social networks, peer groups, and community bonds (Wickramasinghe & Wimalaratana, 2016), forming the basis of the theoretical framework.

The (in)security concept encompasses a broad spectrum of migrant issues, ranging from individual human harm to economic, ecological, and social threats, risks, and vulnerabilities (Hirsch Ballin et al., 2020). Traditional security studies focus on physical safety and protection from harm; however,

in African migration, security may extend beyond physical safety to include economic stability, legal protection, social acceptance, and psychological well-being (Vietti & Scribner, 2013). Investigating these dimensions provides a comprehensive view of the vulnerabilities faced by migrants and the strategies they employ to navigate their complex realities. This holistic approach could contribute to migration theory by integrating security studies with transnationalism, offering a nuanced perspective on the migrant experience. Thus, by incorporating transnationalism with the concept of (in)security, this research adopts a thorough view of (in)security, examining various dimensions and their impact on the overall well-being of migrants, mainly how African migrants in Portugal experience and respond to such challenges.

This research adopts a qualitative design, employing semi-structured interviews and thematic analysis to examine the experiences of African migrants in Portugal. The qualitative approach was selected because it can capture rich, detailed accounts of migrants' lives, offering more profound insights into their challenges and coping strategies (Braun & Clarke, 2006).

Using purposive sampling, participants were selected from various African countries, different age groups, and with diverse lengths of residence in Portugal. This diversity ensures a comprehensive understanding of the migration experience across different contexts and backgrounds (Braun & Clarke, 2006).

Data collection involved flexible interviews, enabling participants to articulate their experiences and perspectives in their own words while steering the discussion towards key themes relevant to the research questions. This method facilitates the exploration of complex and sensitive topics, such as discrimination, economic challenges, and transnational practices.

The study also employed reflexive thematic analysis to analyse the transcribed data using ATLAS.ti 24 for Windows to identify the most prominent themes and patterns emerging from the interviews. This method is an accessible and theoretically flexible interpretative approach to qualitative data

analysis that aids in identifying and analysing patterns or themes within a given data set while also considering the reflexive influence of my interpretations as the researcher (Byrne, 2022).

The thesis was divided into six chapters, aligning with the present study's aim and objectives.

The thesis commences with a broad introduction to the primary subject of this examination. It also outlines the rationale for the research and its aims and objectives.

Chapter 1 provides insights from global perspectives on African migration to Portugal and highlights African migration and driving factors.

Following this introduction, Chapter 2 presents a literature review on the critical topic of migration dynamism. It focuses on transnational migration, examining the vulnerabilities faced by African migrants during their journeys and their settlement, specifically in Portugal.

Chapter 3 focuses on the topic's theoretical background. This section offers an overview of relevant migration theories, enhancing understanding of the subject.

Chapter 4 outlines the methodology, offering more detailed insights into the approaches utilised to conduct the research.

Chapter 5 provides the findings from the interviews, highlighting the various contributions of individuals who participated in the semi-structured interviews.

Chapter 6 presents a discussion that includes explanations and interpretations of the research findings within the context of the thesis question and literature review while exploring their connection to existing studies. It also offers concluding remarks, highlights the research's limitations, and suggests avenues for future work on integrated solutions for migration-related issues.

CHAPTER 1

MIGRATION DYNAMISM: INSIGHTS FROM GLOBAL PERSPECTIVES TO AFRO-EURO MIGRATION

1.1 Background

For centuries, migration has played a crucial role in shaping individual paths, family structures, and the evolution of entire nations (de Haas et al., 2019; Niva et al., 2023). This complex phenomenon involves the movement of individuals across borders, driven by many factors, including economic opportunities, political instability, environmental challenges, and aspirations for self-betterment (Castelli, 2018). Migration transcends simple geographical relocation; it profoundly impacts the social, economic, and cultural landscapes of origin and destination regions (Ajayi, 2024). Consequently, the intricate interaction between migration and development has become a key area of interest for scholars, policymakers, and international organisations (Lanati & Venturini, 2021).

Migration often represents a personal pursuit of better living conditions and broader opportunities. This movement can be motivated by the desire for improved employment prospects, access to better educational resources, or the necessity to escape challenging circumstances in one's country of origin (Bartram, 2015; UN, 2023). The consequences of migration are significant, as demonstrated by numerous individual narratives that illustrate the improvement of personal lives and the enrichment of the communities into which migrants integrate (Esses, 2018). These stories often highlight the resilience, adaptability, and ingenuity required to navigate the complexities of establishing a new life in an unfamiliar environment (Czaika & Reinprecht, 2022).

In light of modernisation and recent developments in human mobility, contemporary migration has evolved to a stage where immigrants establish and maintain complex, multi-stranded social relationships that link their societies of origin with their new places of settlement (Basch et al., 1994). This phenomenon illustrates that migrants are part of two or more dynamically interlinked

worlds. This advanced perspective on migration encompasses not only those who physically relocate but also those who remain in their home countries yet are connected to migrants through transnational social networks. Migration thus significantly impacts families, catalysing reunification and separation (Mostoway, 2020).

Common aspirations can also motivate family migration, while others may embark on individual journeys to broaden their horizons and mitigate potential risks (Ratha et al., 2011b). The complexities of transnational families navigating diverse cultural landscapes underscore the significant impact of migration on the resilience of familial bonds and the transmission of cultural values to future generations (Kofman et al., 2022). However, the geographical separation resulting from migration can introduce challenges such as identity, belonging, and the preservation of cultural heritage within diasporic communities (de Haas, 2021).

Nations experience the effects of migration in various ways. On the one hand, migration can stimulate economic growth by addressing labour shortages, fostering innovation through cultural diversity, and facilitating the transfer of expertise (Contini & Carrera, 2022). On the other hand, brain drain, often linked with emigration, results in the loss of highly skilled individuals from their home countries, undermining specialised knowledge and expertise in their countries of origin (Koczan et al., 2021). The social and political implications of migration, which encompass national identity, cultural integration, and social cohesion, require policymakers' careful consideration and strategic planning.

The critical link between migration and development is emphasised through remittances, which refer to the monetary contributions made by migrants to their countries of origin (Andersson & Siegel, 2020). These funds serve as a vital lifeline for families left behind, facilitating significant advancements in poverty alleviation, education, and healthcare in numerous developing nations (de Haas, 2010; Newman-Grigg, 2020). Concurrently, recipient countries experience enhanced economic stability and growth due to these remittances. Despite the potential for migration to drive economic progress, it also presents various challenges. Debates over border regulations, refugee rights, and the ethical responsibilities of the involved nations often dominate global migration

discussions (de Haas et al., 2019). Consequently, formulating comprehensive immigration policies that address both humanitarian concerns and national interests highlights the issue's complexity (Helbling et al., 2017).

The interplay between migration and development is increasingly influenced by environmental factors, primarily due to displacement caused by the impacts of climate change (Tsegay, 2023). Rising sea levels, frequent extreme weather events, and dwindling resources compel individuals to seek safer and more sustainable living conditions. Addressing these urgent challenges necessitates a unified global effort to recognise the interconnections between environmental, social, and economic dimensions (World et al., 2023). International organisations are pivotal in shaping migration policies and fostering global cooperation (Nagle Alverio, 2021). Entities such as the United Nations and the International Organisation for Migration are integral in developing frameworks that safeguard migrants' rights, address humanitarian crises, and promote sustainable development. Furthermore, regional agreements and partnerships highlight migration as a shared global responsibility, requiring coordinated actions and collaborative efforts (World Bank, 2018, 2023).

As previously stated, migration is a complex and dynamic force that significantly affects individuals, families, and nations. Its far-reaching consequences extend beyond personal and familial dimensions, profoundly influencing countries' economic, social, and cultural fabric. As we navigate the intricate nature of migration, a holistic and empathetic approach is essential for maximising its potential benefits while addressing the inherent challenges it presents. Given the interconnectedness of our global community, we must collaborate to build a sustainable and inclusive future where migration can act as a catalyst for progress and prosperity.

1.2. African migration

The movement of people from developing nations, including African and Asian countries, is highly intricate and diverse, closely intertwined with the hardships faced by those embarking on the taxing journey in pursuit of better prospects (Horner, 2020). This global movement of individuals is driven by various factors, including economic inequalities, political turmoil, warfare, and environmental

issues (Rashkova & Der Staak, 2020). Urban areas in Nigeria, South Africa, and Egypt are prominent destinations for inter-African migration, reflecting the relative economic dynamism of these regions (Figure 1). As individuals from developing nations undertake these journeys, they confront numerous socioeconomic insecurities that significantly affect their experiences and outcomes.

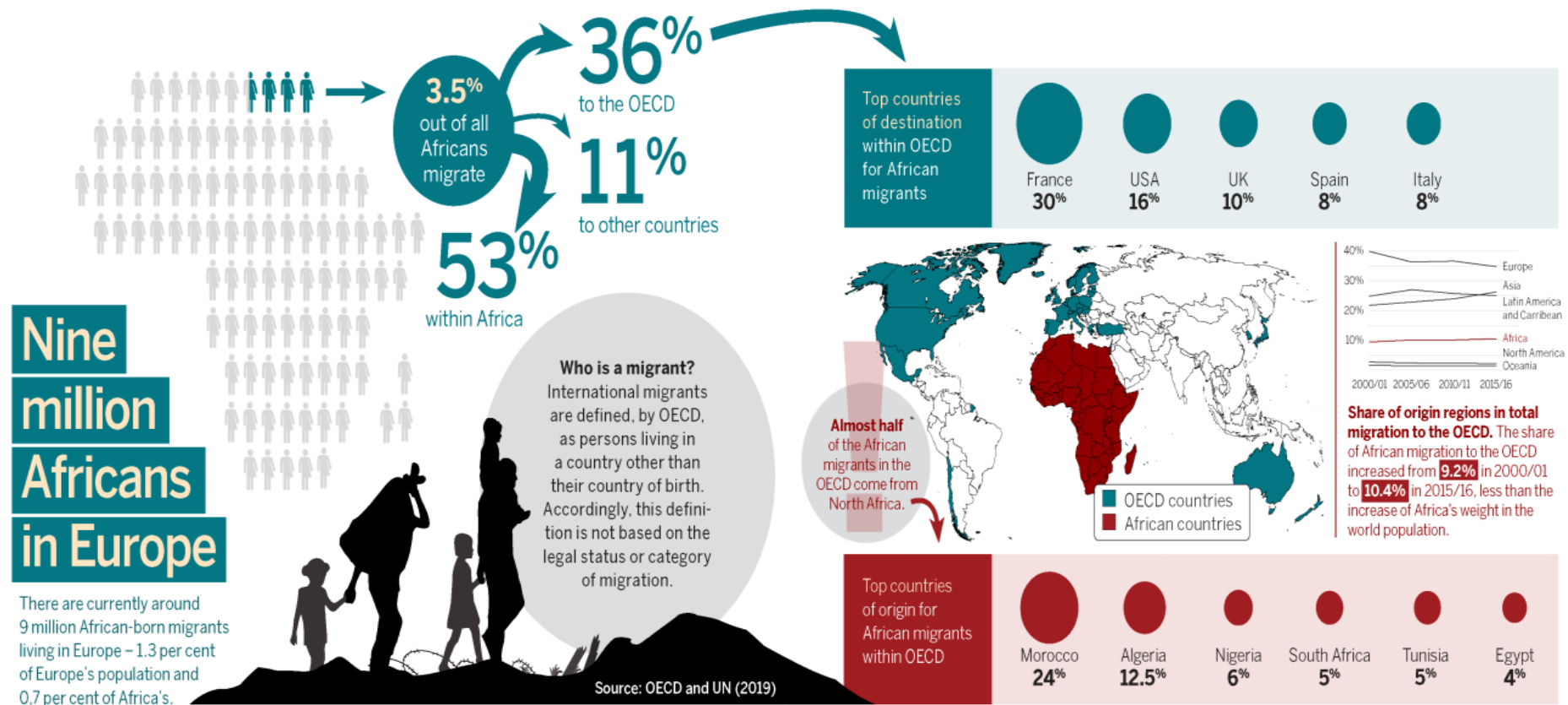


Figure 1. Overview of African migration (OECD & UN, 2019). Aside from internal migration, which accounts for 53% of African migration, Europe is the second largest destination for African migrants, followed by the Middle East and North America.

Economic disparity is a significant factor driving migration. Countless individuals leave their home countries for better economic opportunities and a means to escape poverty. However, the path to a better life is often fraught with obstacles (Portes, 2019). Exploitative labour practices, discrimination, and a lack of access to essential resources represent just some of the challenges that migrants face during their journey. These socioeconomic insecurities are further compounded by their vulnerable position in host countries, where they risk exploitation and discrimination simply because they are migrants. The impact of political instability and conflict on migration from developing nations should not be underestimated. In these volatile environments, individuals often have no choice but to flee violence, oppression, or social upheaval, leaving behind everything familiar and confronting challenges at every turn. While these migrants seek safety in new host countries, they frequently encounter barriers to legal status, social integration, and essential services such as education and healthcare, further exacerbating their already precarious state (Hayes et al., 2016).

Furthermore, environmental factors, particularly in light of our changing climate, also drive migration from developing countries. From rising sea levels to devastating natural disasters, these conditions can compel entire communities to abandon their homes, prompting individuals to seek refuge elsewhere (Moore & Wesselbaum, 2023). However, even in their quest for safety, migrants encounter numerous challenges and uncertainties. As migrants set out on their journey, they face various socioeconomic insecurities. These include the loss of their livelihoods, inadequate housing, and obstacles in accessing essential services in their origin and destination countries. The additional gender dimension further complicates the already intricate issue of migration and socioeconomic insecurities (United Nations, 2021). Women and girls, in particular, suffer disproportionately from challenges such as gender-based violence, exploitation, and restricted access to education and healthcare (Alarcon, 2022). It is crucial to recognise and address gender disparities to understand and alleviate the socioeconomic insecurities that migrants experience fully. This also plays a vital role in promoting more inclusive and equitable migration policies.

The experiences of migrants from developing nations are significantly shaped by global migration governance. Insufficient international frameworks can render migrants vulnerable and unprotected, underscoring the necessity for enhanced international cooperation and adopting rights-based

approaches (United Nations, 2022a). These efforts are essential in tackling the socioeconomic insecurities that migrants encounter and in safeguarding their fundamental human rights. The interplay between migration and development in sending and receiving countries is a subject of ongoing discussion. On the one hand, migrants contribute substantially to the economies of host nations through their hard work and spending. However, the potential loss of skilled individuals due to brain drain can impede the development prospects of their countries of origin (Katseli et al., 2006).

Striking a balance between migration's positive and negative impacts necessitates a thorough understanding of the social and economic uncertainties that migrants encounter, alongside the broader implications for global development. The effects of technology and globalisation on migration deserve attention. While these advancements have created new opportunities, they have also brought various challenges. With the rise of digital technologies, communication and financial transactions have become more accessible for migrants (Van Veldhoven & Vanthienen, 2022). Nonetheless, this also exposes them to surveillance and exploitation. As we navigate these technological landscapes, it is vital to address the digital divide, particularly for migrants from developing countries. Failing to do so could exacerbate vulnerabilities for this population.

The COVID-19 crisis has only emphasised the already-present vulnerabilities of migrants, particularly those working in unstable and informal industries (Chan & Lan, 2022). Measures such as lockdowns, travel restrictions, and economic challenges have impacted migrants the hardest, leaving many without the means to sustain themselves, adequate medical care, or sufficient social safety nets (Chung et al., 2012). The pandemic underscores the urgent need for holistic and inclusive strategies that address the socioeconomic insecurities faced by migrants, ensuring their welfare during times of crisis.

The act of migrating from developing countries is a complex issue closely linked to economic and social uncertainties. Whether motivated by financial disparities, political unrest, ecological crises, or a mix of factors, individuals who migrate often face challenges (Tarkhani, 2021). To effectively address and mitigate these insecurities, it is crucial for all levels of governance—local, national, and global—to collaborate comprehensively (Helms & Leblang, 2019). By prioritising human rights,

promoting gender equity, and acknowledging the impacts of technology and globalisation, decision-makers can strive to create more inclusive and compassionate migration policies that benefit both migrants and the communities they join.

1.3. Motives for migration

A growing body of theoretical and empirical literature on international migration has documented that individuals possess complex and frequently overlapping motivations for leaving their places of origin, including economic factors (Czaika & Reinprecht, 2022), political instability (Clemens, 2014; Clemens, 2017; Docquier et al., 2018; Naudé, 2010; Shrestha, 2017), migrant networks (Beine & Parsons, 2015), and institutions (Baudassé et al., 2018). Natural disasters and environmental shocks, such as floods, storms, droughts, earthquakes, and human-made disasters and accidents, typically trigger immediate and often large-scale population displacements (Figure 2). Although natural disasters contribute to an increase in internal, particularly rural-to-urban, and international emigration (Beine & Parsons, 2015: 15), the incidence of such disasters also hampers immigration (Ruyssen & Rayp, 2014: 3)— and the same is valid with climate change (Beine et al., 2015).

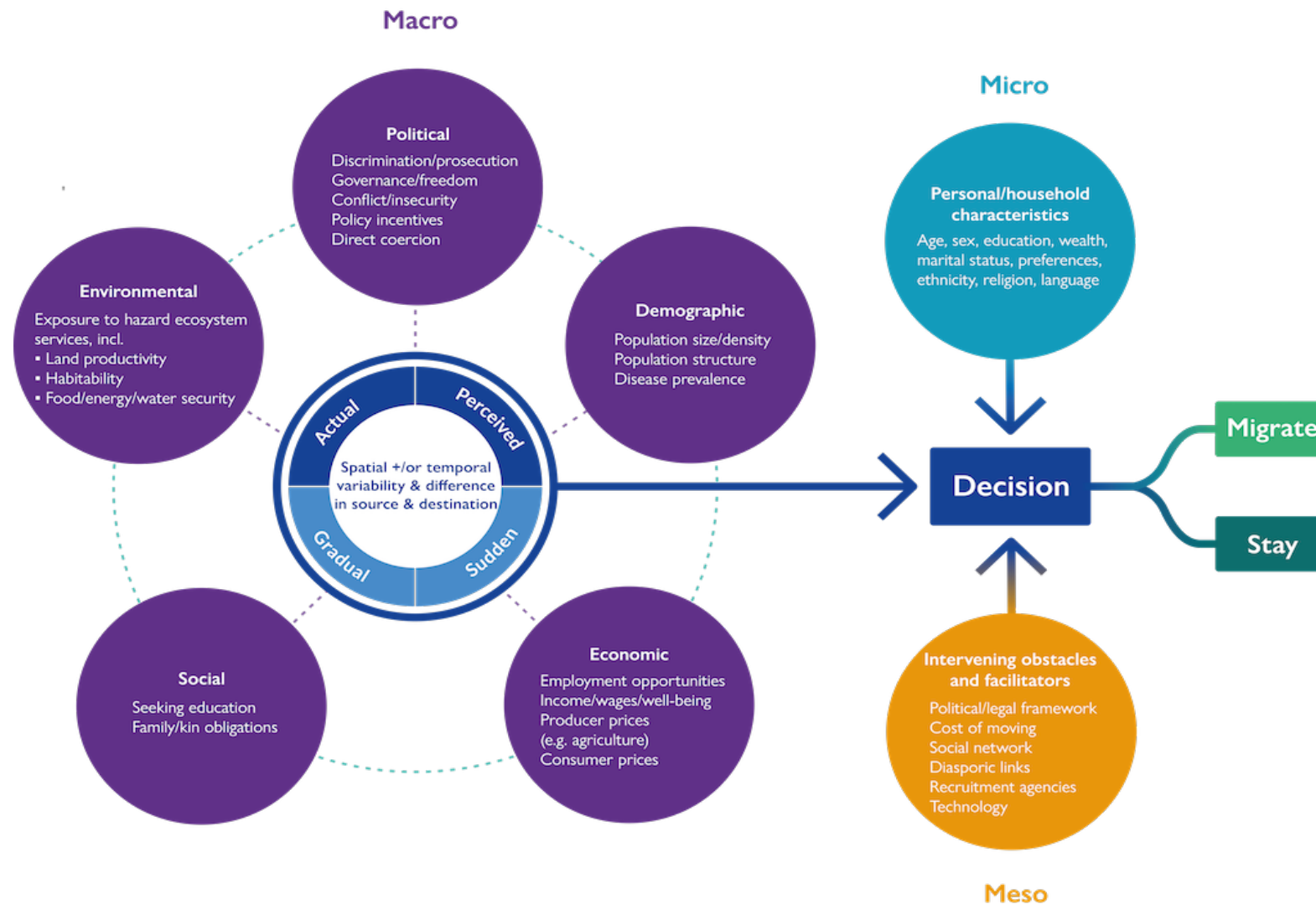


Figure 2. A conceptual framework for the drivers of international migration.

Adapted from IOM (2022), this figure illustrates how the various drivers, facilitators, and barriers to migration interact (Foresight, 2011). There are five primary macro-level drivers of migration: economic, demographic, social, political, and environmental (Figure 1.2). These create the broad context within which individuals move from one location to another. Additionally, micro-level factors, such as age, gender, and income level, influence how macro factors affect migration decisions at the personal or household (micro) level. Lastly, intervening factors can either facilitate or hinder migration (meso-level factors), including the human, financial, physical, and psychological benefits and costs of moving, as well as the emigration and immigration policies that make some forms of migration more straightforward and others more complex. The interplay among these three sets of drivers determines how many individuals will migrate from these communities of origin, to which destinations, through what modes of attempted entry, and with what type of reception.

1.3.1. Economic drivers

Economic drivers, including higher wages, job availability, financial crises, trade and investment opportunities, demand for foreign labour, and the cost of living, are widely recognised as central motives for international migration, profoundly influencing individuals' decisions to relocate across borders (Soto et al., 2024). At the core of this phenomenon is the pursuit of improved economic opportunities, such as higher wages, better employment prospects, and enhanced living standards, which often serve as powerful incentives for migration (Goodwin-Hawkins & Dafydd Jones, 2022). For many individuals, especially from financially challenged or developing regions, the economic gap between their homeland and prospective destinations can be stark (King & Collyer, 2016; Dritsaki & Dritsaki, 2024). This economic imbalance encourages the movement of labour towards more prosperous regions, where the promise of financial stability, upward mobility, and the ability to support families through remittances is more pronounced.

A considerable body of literature indicates that a significant disparity in average income, measured in terms of GDP per capita (GDPPC) between origin and destination countries, serves as a key determinant of international migration (Giménez-Gómez et al., 2019; Simpson, 2022). In other words, the relatively lower primary income in source countries than the per capita income in destination countries motivates potential immigrants to relocate. In this context, the actual economic deprivation and severe poverty prevalent in many African countries will likely exert a

substantial push effect on migrants and refugees from Africa (Czaika & Reinprecht, 2022). Conversely, economic development and relatively high personal incomes in Europe draw in immigrants.

The global economy plays a crucial role in shaping migration patterns, with labour market demands in developed countries often driving the influx of migrants from less developed regions (Findlay & Stewart, 2002; Jaumotte et al., 2016; Goodwin-Hawkins & Dafydd Jones, 2022). As industries in high-income countries expand, there tends to be an increased demand for both skilled and unskilled labour that the local workforce alone cannot satisfy (Hajro et al., 2021). This creates opportunities for migrants eager to fill these gaps, particularly in the healthcare, construction, agriculture, and technology sectors. Furthermore, outsourcing jobs and global economic restructuring can displace workers in certain areas, compelling them to seek employment abroad. In this context, international migration can be viewed as a response to global economic trends, where individuals aim to align their labour with markets that offer better rewards.

However, the economic drivers of migration involve more than simply the pursuit of income or employment. They also include broader economic considerations, such as the quest for financial security and the opportunity to build wealth over time (Giménez-Gómez et al., 2019). Migrants frequently relocate to countries where they can benefit from better education, healthcare, and housing, thereby contributing to long-term economic stability and the intergenerational transfer of wealth (Toyin-Thomas et al., 2023; Mazzalli et al., 2024). Furthermore, the ability to send remittances back to their home countries is crucial in sustaining households and even entire communities, thus reinforcing migration as an essential economic strategy (Mazzalli et al., 2024). In summary, economic factors remain central to the motives of international migration, highlighting the interconnectedness of global labour markets and the enduring human aspiration for economic improvement.

1.3.2. Social and cultural drivers

Cultural attachments, social norms, and their evolution are pivotal in shaping migration patterns. Societal expectations and roles can either restrict individuals from relocating despite their aspirations or empower them to pursue opportunities elsewhere. Policies and practices that discriminate against or persecute individuals based on social and cultural norms may confine them to a particular location or force them to flee danger (Baldwin, 2017). For instance, social and cultural attitudes towards sexual orientation, female labour force participation, female genital mutilation, and domestic violence can undermine how people can migrate or act as significant drivers of migration. These attitudes impact those who are directly targeted and those who do not share the underlying values.

As societies progress, migration may become a voluntary choice rather than a necessity. It is often influenced by the social remittances migrants transmit back home, shaping values and principles. For instance, as women have attained greater autonomy, the potential to migrate for employment or education could be significantly expanded. Social networks also play a pivotal role in migration (Blumenstock et al., 2023) by providing migrants with essential information and resources to facilitate border crossings, secure employment and housing, and integrate into new communities.

Family formation and reunification serve as key social drivers of migration, influencing movement both within local communities and across international borders (di Belgiojoso & Terzera, 2018). In family formation, individuals migrate to marry and establish a household with a national or a foreigner resident in the destination country. Similarly, family reunification occurs when a spouse or parent migrates first and later brings other family members to join them.

Education is a significant social driver of migration (Czaika & Reinprecht, 2022). Parents relocate to secure better educational opportunities for their children, while young individuals move to pursue higher education. As a result, international education programs are expanding, with institutions actively attracting students and their tuition fees while fostering cross-border collaborations (Valentine et al., 2017). While some migrants intend to stay temporarily for their studies, others find long-term opportunities, such as employment or marriage, in their host country.

1.3.3. Environmental factors

Environmental changes, especially climate change, significantly affect land, communities, and migration. The Intergovernmental Panel on Climate Change (IPCC) Fifth Assessment Report (2014) projects that climate change will increasingly drive population displacement throughout the twenty-first century.

Environmental factors, particularly climate change, influence migration through four key pathways. Recurrent droughts threaten livelihoods, particularly in rural areas dependent on rain-fed agriculture, while desertification, land degradation, and ecosystem loss exacerbate these challenges. Rising sea levels and coastal erosion progressively render regions uninhabitable and disrupt agricultural activities. Additionally, the increasing frequency and intensity of natural disasters, some linked to climate change, such as earthquakes, floods, wildfires, tornadoes, tsunamis, and cyclones, further drive migration (Moore & Wesselbaum, 2023; Daoust & Selby, 2024).

Conflicts over scarce resources, predominantly within nations, can result in political instability, communal, ethnic, and religious divisions, as well as mass displacement of people. The more detailed evidence reviewed by the IPCC indicates that “extreme weather events provide the most direct pathway from climate change to migration”; however, in the long term, “sea level rise, coastal erosion, and loss of agricultural productivity will have a significant impact on migration flows” (Adger et al., 2014, pp. 767-69). Pre-existing levels of resilience afford some households a greater capacity to cope with environmental drivers while rendering others more vulnerable.

These levels of resilience can have varying impacts. On one hand, more resilient households may be better able to remain at home and adapt to environmental changes. On the other hand, resilience also provides individuals with the financial, social, and human resources necessary to migrate. The most vulnerable will be the most severely affected, yet they will also be the least equipped to migrate any significant distance from their homes.

1.3.4. Civil conflicts

Extensive evidence indicates that individuals are more inclined to migrate during civil conflicts than when their home countries are free of such turmoil (Ibáñez & Vélez, 2008; Schmeidl, 2001; Weiner, 1992). When safety and security are compromised, the anticipated returns on labour, development projects, and investments are considerably diminished. Given that civil conflicts directly impact individuals' security and livelihoods, people are often compelled to migrate in search of alternative survival strategies. Controlling for economic and other factors, one can generally expect to observe more migrants from countries ravaged by civil conflicts.

The political landscape in Africa is generally marked by historical injustices and oppressive governance structures (Ongâayo, 2008). Since gaining independence, many states have experienced civil wars, widespread mass killings of civilians, and various forms of direct political violence for decades (Dunn, 2009). The United Nations Conference on Trade and Development (2018) demonstrated that, within the African context, severe conflicts frequently lead to a significantly increased flow of internally displaced persons or refugees seeking asylum across borders, indicating that conflicts may serve as a catalyst for economic migration.

1.3.5. Demographic drivers

Population growth has decelerated in many regions, with most of the global population residing in middle-income countries (Population Reference Bureau, 2021). However, the momentum from past and present fertility rates indicates that the world's population will continue to expand even as future fertility may decline (Blue & Espenshade, 2011). World fertility rates (i.e., the number of children per woman) have decreased to 2.3, but fertility in low-income countries remains high, at 4.7 children per woman (Population Reference Bureau, 2021). Fertility in higher-income countries is below replacement levels at 1.5 (Population Reference Bureau, 2021). In high-income countries, the population is anticipated to decline as societies age: the number of individuals aged 65 and over is projected to rise from 700 million in 2020 to 1.5 billion by 2050 (UN DESA Population Division, 2020b). Without immigration, these vastly different fertility patterns imply that the population shares of the world's countries will change over the ensuing decades.

1.3.6. Institutions

Poor institutional performance in the source countries may be a significant motive for emigrating in search of better-performing institutions (Baudassé et al., 2018). Often, dictatorial regimes serve as a push factor for migration. The absence of democracy, political rights, civil liberties and pervasive corruption deter migrants seeking greater freedoms (Solimano, 2010). In line with Hirschman's (1970) "exit and voice" dichotomy, individuals might choose to migrate when institutions are unsatisfactory and fundamental human rights are violated.

In nations characterised by autocratic political systems and state-sponsored persecution, harassment, discrimination, and torture, individuals who disagree with the government's policies or ideology and possess minority religious beliefs or ethnic backgrounds (Solimano, 2010) are compelled to migrate. In non-democratic countries, even if individuals do not face physical persecution, restrictions on fundamental freedoms may ultimately drive them to leave their country of origin.

In summary, if the political environment is hostile, the tendency is that the economic outcome is likely to be poor. Therefore, such situations prompt migration for political and financial reasons. In this context, Solimano (2005) argues that in non-democratic cases, "individuals who are dissatisfied or disconnected from the current political and economic conditions may choose to leave their home countries." It is, therefore, not unreasonable to assume that better institutional quality reduces migration flows. In contrast, poor institutional performance motivates individuals to leave their home countries and relocate to more democratic and safer countries to pursue better freedom, protection, education, and careers.

Thus, Lucas (2015), Naudé (2010), Ruysen, and Rayp (2014), among others, illustrate that the flow of migration within Africa, particularly intra-African migration, is significantly influenced by the continent's political landscape. Furthermore, due to the excessively repressive nature of various regimes, many African countries have consistently ranked low in terms of political rights and civil liberties for decades. These underlying circumstances have left numerous Africans vulnerable to displacement, including both internal migration and emigration from the continent.

1.4. Ethnicity and cultural diversity in Africa

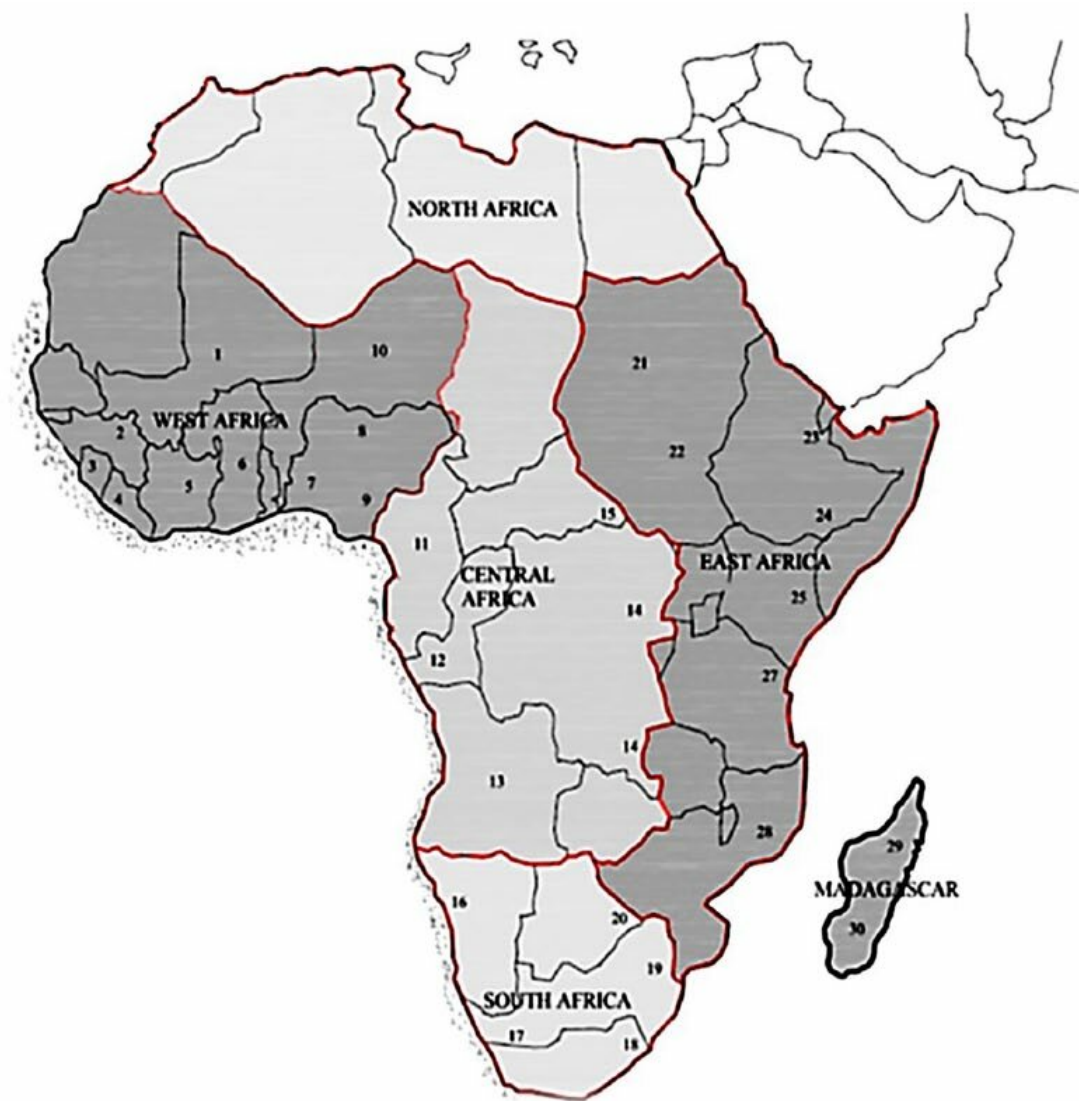
Africa, situated between the Atlantic and Indian Oceans, ranks as the second-largest continent on Earth. Its geographical extent stretches from the Mediterranean Sea in the North to the Southern Ocean in the South. This vast landmass is predominantly tropical, with nearly four-fifths of its area in the tropics, making it the most tropical continent worldwide (Bedair et al., 2023). The continent's terrain exhibits remarkable diversity, characterised by the Sahara dominating the northern third, tropical rainforests in the central regions, and the Kalahari and Namib Deserts shaping the southern landscape. These varied ecosystems are interspersed with expansive grasslands, while Mediterranean climates prevail along the northern and southern coastlines.

Africa's rich cultural tapestry is a testament to its enduring human presence, spanning over 200,000 years (Campbell et al., 2014; Schlebusch & Jakobsson, 2018). The continent has functioned as a cradle of civilisation, witnessing the migration of its inhabitants to populate other regions over time (Vicente et al., 2021). This extensive history, coupled with Africa's diverse topography, has supported numerous ethnic groups, varying from hundreds to thousands, depending on definitions of ethnicity and tribe (Pattnaik & Baral, 2020). These groups share common cultural elements, including language, religion, and heritage, which form the foundation of Africa's cultural identity.

Africa's multi-ethnic composition is evident in the presence of numerous ethnic groups, each possessing its distinct dialects, social customs, and traditions (Fortes-Lima et al., 2024). Several of Africa's major ethnic groups have populations surpassing tens of millions, including the Hausa (30 million) across Nigeria, Chad, Cameroon, Niger, Ghana, Côte d'Ivoire, and Sudan; the Yoruba (30 million) in Nigeria and Benin; the Oromo (30 million) in Ethiopia and Kenya; the Igbo (30 million) in Nigeria and Cameroon; the Shona (10 million) in Zimbabwe and Mozambique; and the Zulu (10 million) in South Africa, among others (Ikudayisi & Odeyale, 2019). These groups form the core of Africa's cultural landscape, shaping traditions, occupations, and settlement patterns across the continent.

Understanding African settlement patterns requires profoundly examining the sociocultural and socioeconomic factors that shape movement and community dynamics. With over 3,000 distinct

African tribal names, the continent's ethnic map vividly illustrates its ethno-linguistic diversity (Figure 3).



S/N	WEST AFRICA	S/N	CENTRAL AFRICA	S/N	SOUTH AFRICA	S/N	EAST AFRICA/ MADAGASCAR
1	Dogon	11	Fang & Kuba	16	San & others	21	Dikur & Nuer
2	Baga	12	Kongo	17	Tsotho	22	Bongo
3	Mende	13	Chokwe	18	Zulu	23	Konso
4	Baude & Senfo	14	Luba	19	Tonga	24	Masai
5	Fante	15	Lega	20	Shona	25	Swahili
6	Fon					26	Turkana & Iraqw
7	Yoruba					27	Samburu & Pokot
8	Hausa					28	Zaramo
9	Igbo					29	Chewa
10	Bamana					30	Sakalava

Figure 3. Map of Africa depicting the major ethnic groups. Adapted from Saylor (2011).

There is increasing academic interest in migrant ethnicity within economic research. Traditional migration theories, which treat immigrants as a uniform demographic, are gradually being replaced by an acknowledgement of the rich ethnic and cultural diversity present among migrant populations. Empirical studies reveal considerable ethnic disparities across various domains, including labour market preferences and behaviour, wage differentials, income levels, and educational attainment. Scholars examining the significance of immigrants' ethnic diversity typically adhere to a 'primordial' conceptualisation of ethnicity, viewing it as a cultural inheritance or a shared ancestry based on individual characteristics and socio-cultural experiences acquired from birth (Ruble, 1989).

The concept of ethnicity may hold significant implications for the sense of belonging among African migrants in foreign countries. Ethnicity, often defined by shared cultural, linguistic, or ancestral characteristics, can act as both a source of identity and a barrier to integration for migrants. In the context of migration, ethnic identity may play a crucial role in shaping migrants' experiences, as it influences their interactions with host communities and perceptions of social acceptance (Rizova & Stone, 2021). However, viewing migrants primarily through the lens of their ethnic identity rather than as individuals can present challenges to their sense of belonging and integration. When migrants are reduced to ethnic stereotypes or subjected to discrimination based on their ethnic background, it can undermine their sense of identity, agency, and belonging within the host society.

Bang and Mitra (2013) demonstrate that ethnicity-related conflicts increase the proportion of skilled labour migration. Ethnic identity profoundly affects the contemporary political landscape in Africa. Inter-ethnic relations in Africa, particularly in the political sphere, are characterised by competition, exclusivity, the prevalence of genocidal violence, and conflicts among ethnic groups (Berman, 1998; Daley, 2006).

Furthermore, the ethnicisation of African migrants may exacerbate existing social divisions and perpetuate stereotypes and prejudices within the host community. Identifying a migrant by their ethnic identity is not inherently unproductive. However, it can be problematic to view migrants' identities exclusively through the lens of ethnicity; host societies may overlook the diversity and individuality of migrants' experiences, hindering efforts to foster inclusive and cohesive communities (Verkuyten et al., 2019). Moreover, while ethnicity can serve as a source of identity and community for migrants, the ethnicisation of migrants can perpetuate discrimination, exclusion,

and social divisions, undermining their sense of belonging and integration (Brance et al., 2024). Addressing these implications requires concerted efforts to challenge stereotypes, promote intercultural dialogue, and create inclusive spaces where migrants are valued for their individual contributions and humanity rather than being reduced to ethnic labels. Ultimately, fostering a sense of belonging for African migrants in foreign countries necessitates recognising and affirming their diverse identities, experiences, and aspirations within the broader fabric of society.

1.5. Pathways of International Migration

The migration pathways refer to the migratory routes taken by migrants across countries, regions, and continents, classified as mobility between northern and southern countries. The International Organisation for Migration has identified four migratory situations of international migration among the North and South countries, involving migration from North to South, South to North, South to South, and North to North (Commey, 2021). The classification of countries along this divide gained prominence and became widely used after the fall of the Berlin Wall in 1989. The collapse of the Soviet Union ultimately contributed to a generalisation of the global world order, wherein countries were classified as North and South (Thérien, 1999; Reuveny & Thompson, 2007). There is no consensus on the best way to classify countries within the North-South dichotomy (IOM, 2013).

1.5.1. North and South

The World Bank (2010) Country Classifications recognised and designated the high-income countries, also known as the 'North', based on gross national income (GNI) per capita. This recognition was determined by economic strength, with economies that had a GNI per capita of USD 12,276 or more in 2010 being classified as high-income countries. High-income countries, such as Germany, the United States of America, the United Kingdom, and Canada, boast the highest GNIs per capita across all World Bank income groups. In contrast to the World Bank's criteria for categorising countries, the United Nations Department of Economic and Social Affairs (UNDESA) classification from the United Nations Statistics Division (2018) defines the North as developed countries, including Japan, the United Kingdom, Finland, Sweden, Denmark, and France, among others. The United Nations Development Programme (UNDP) (2019) describes the 'North' as countries with exceptionally high development indices, measured using socioeconomic

indicators such as life expectancy, educational attainment, and income. These countries include China, the United States of America, the United Kingdom, Australia, Norway, and Japan.

The World Bank (2010) classifies countries in the Global South as low- and middle-income nations with a gross national income (GNI) per capita of USD 12,275 or less. In other words, low- and middle-income countries do not fall within the high-income group. This classification includes nations such as Sri Lanka, Liberia, and Togo. The United Nations Department of Economic and Social Affairs (UNDESA) classification from the United Nations Statistics Division (2018) defines the South as developing countries, which encompass all African nations and Caribbean countries, among others. However, the United Nations Development Programme (2019) describes the South Pathway as comprising countries with medium and low HDI rankings, including all African nations, Peru, Panama, Ukraine, and others.

1.5.2. Global trends and dynamics in international migration

According to classifications by UNDESA, UNDP, and the World Bank in 2010, pathways of international migration from South to North and South to South emerged as the two predominant migratory flows. Migration from South to North represented the most significant movement, accounting for 45% of migratory movements according to the World Bank classification, 41% according to the UNDP classification, and 35% based on the UNDESA classification, compared to the other three migration pathways. Most international migrants from the South can be attributed to the larger populations in Southern countries (IOM, 2013). Based on IOM (2013) calculations using UN DESA (2012) data, 60% of international migrants reside in the North.

Some researchers, such as Dumont et al. (2010), argue that international migration primarily involves low-skilled workers. In remittances linked to global migration, the largest share of these transfers occurs from the North to the South due to most movements from the South to the North and the significant wage differentials between the two regions. The high transfer costs between countries in the South contribute to the volume of remittances sent through informal, unrecorded channels, which are particularly prevalent in the South-South scenario (Ratha & Shaw, 2007; IOM, 2013).

Most international migrants who relocate for educational purposes, known as international students, ultimately attend academic institutions in the North (World Bank, 2010). This is mainly due to the appeal of educational opportunities in the North, which provide higher quality, prestige, and reputation, as well as greater availability of part-time jobs compared to those in the South. More than half of all international students hail from the South (IOM, 2013). Nearly one-third of international students are classified as North-North students, mainly because of opportunities to study in Europe, such as the EU Erasmus Mundus Programme (European Commission, 2021). Although South-South migrants constitute 35% of the global migrant population, the number of South-South students is significantly lower at only 18% (IOM, 2013; Commey, 2021).

1.6. Overview of Human Security in Africa

Africa is characterised by poverty, a high unemployment rate, and weak economies, which make absorbing large numbers of new workers challenging. The continent is also marked by rapid population and labour force growth, declining agricultural productivity—the backbone of many African economies—and swift urbanisation (Adepoju, 2010). For instance, a 2018 report on poverty and inequality trends in Ghana by the Ghana Statistical Service revealed that 6.8 million Ghanaians lived in poverty and could not afford to spend US\$0.96 per day (US\$352.16 per year).

The report was based on a survey conducted in 2016/2017 and on projections of Ghana's 2017 population (28.8 million). It further stated that 2.4 million out of 28.8 million Ghanaians were extremely poor (8.2%) and could not afford to spend US \$0.54 per day in 2016/2017 on food. Many of these characteristics in Africa arise from poor policies and inadequate governance. The legacies of colonialism and neo-colonialism, along with the IMF's imposition of neoliberal policies (which tend to favour macroeconomic strategies such as increasing tax rates, diminishing welfare services, and privatising public goods like water, education, and electricity), coupled with growing foreign debts and demographic imbalances, further exacerbate the situation (Luckham et al., 2001; Gumisiriza, 2019; Bhambra, 2021; Ukpe & Ukpe, 2022). The governance systems in Africa are characterised by neo-patrimonialism at their best and predatory practices at their worst. The prevalence of neo-patrimonialism in Africa is demonstrated by a significant level of government and administrative inefficiencies and a lack of institutionalisation (Chabal & Daloz, 1999).

The struggle for political power in Africa resembles a zero-sum game, prompting African political leaders to secure economic benefits at the cost of national development. This political behaviour stems from the pervasive poverty on the continent (Chabal & Daloz, 1999). In a region characterised by limited wealth and high poverty rates, many African political leaders are often distracted by the perks of public office, as political power presents numerous opportunities to acquire and amass considerable wealth (Tangri, 1999; Mbaku, 2007; UNDP, 2009). Africa confronts conflicts and violence, while certain African countries and sub-state actors have a vested interest in these ongoing conflicts and violence, as they create additional possibilities for them to extract and conceal rewards (Chabal & Daloz, 1999; Commey, 2021).

African emigration is a complex and multifaceted phenomenon deeply rooted in historical, economic, and geopolitical contexts. The legacy of colonialism, resource extraction by multinational companies, neocolonial economic policies, and political interference by former colonial powers all contribute to the intricate migration patterns observed today (Cappiali & Pacciardi, 2024; Nwaukwa, 2024). Notably, one of the most significant aspects of African migration to Europe is its connection to the historical legacy of colonialism, which has shaped the socioeconomic and political landscapes of numerous African nations. The historical exploitation of African resources and labour by European colonial powers created enduring inequalities and disrupted traditional social structures (Neifar, 2023). Consequently, many African nations are left to grapple with weakened economies, political instability, and limited opportunities for their citizens, prompting migration as individuals seek better prospects in Europe. In this light, such a movement represents a quest for improved living standards and a continuation of the historical ties and dependencies forged during the colonial era.

Furthermore, in resource management, the imbalance between the Global North and the South is crucial in shaping migration between Africa and Europe. Many of Africa's most developed countries, rich in natural resources, continue to experience extensive resource extraction by multinational companies from the wealthiest economies in the Global North (Kowalski, 2021; Leal & Harder, 2021; Rambaldi, 2022). In most instances, workers in the Global South, ranging from farm workers to scientists, power the global economy but face a significant wage gap. Likewise, collaborations with Western companies often aim to exploit Africa's wealth of minerals, oil, and other valuable resources, reaping substantial profits with little or disproportionate contributions to local

development (Cherneva, 2020). This exploitative posture from the West, combined with weak governance and corruption, largely contributes to economic disparities and inconsistencies in job creation and social development across Africa. As a result, the lack of economic opportunities and the uneven distribution of wealth compel many Africans to seek better livelihoods in Europe, perpetuating a cycle of dependency and migration.

The forms of neocolonialism and political interference from former colonial powers also influence African migration patterns. Neocolonialism manifests through economic policies imposed by international financial institutions, trade agreements that often favour the Global North, and political interventions that undermine sovereignty and self-determination, further exacerbating existing challenges (Langan, 2018; Udegbumam, 2020). Notably, the structural adjustment programmes (SAPs), which emphasised macroeconomic stabilisation, privatisation, and free market development, implemented by the International Monetary Fund (IMF) and the World Bank in the late 20th century, have been criticised for paying insufficient attention to the social dimensions of development and the institutional weaknesses of developing countries (Heidhues & Obare, 2011). This has encouraged many local governments to adopt austerity measures that weaken social services and public institutions. Such policies, often supported by former colonial powers, have led to social unrest, economic decline, and increased migration as individuals flee deteriorating conditions at home.

Political interference from former colonial powers plays a significant role in promoting African-European migration. In the post-colonial era, it is not uncommon for many African countries to continue struggling with the enduring effects of colonial borders, ethnic divisions, and governance structures imposed during the colonial period. Former colonial powers often maintain a strategic interest in these regions, intervening in political processes to safeguard their economic and geopolitical interests. This interference can lead to political instability, conflict, and human rights abuses, further exacerbating the push factors for migration (Chitondo & Chanda, 2023). A notable example is France's ongoing military presence and influence in its former colonies in West Africa under the guise of counterterrorism, which has been criticised for perpetuating instability and fueling migration (Chitondo et al., 2023).

Addressing the issue of migration flows from Africa starts with establishing a more equitable and just global order that fosters sustainable development and upholds the sovereignty and self-determination of African nations. This order must also include comprehensive migration policies beyond merely addressing immediate migration flows, confronting the structural inequalities that drive migration from Africa to Europe.

1.7. Forced Migration and Voluntary Migration

Forced migration often refers to the movement or displacement of individuals from their homes due to natural and human-induced events, including floods, droughts, famines, violent conflicts, persecution, and human rights violations (Castles, 2006). On the other hand, migration can be viewed as voluntary when it is not driven by physical or psychological coercion; it involves a conscious decision to pursue desirable goals in people's lives rather than merely a matter of preference. The migrant comes from a position of sufficiency and has genuine options to willfully change their immigrant status, along with access to reliable, trusted, comprehensible, relevant, and up-to-date information about the intended destination before deciding to move (Ottonelli & Torresi, 2013).

The difference between forced and voluntary migration lies in the factors influencing migration (Commey, 2021). The interaction and interdependence of these factors can make it challenging to identify what drives individuals to migrate or shapes their aspirations, thereby sustaining a growing intellectual interest in issues related to international migration (Engel & Ibanez, 2007).

Over the years, most migrations worldwide have been associated with voluntary movement. Nevertheless, the world is witnessing increasing numbers of displaced persons due to ongoing crises. An estimated 114 million people have recently been forcibly displaced globally, including more than 35.3 million refugees, 5.4 million asylum seekers, and approximately 5.2 million individuals requiring international protection from the 281 million international migrants worldwide in 2023 (UN, 2023). Whether voluntary or forced, this movement may expose individuals to undesirable situations, making it essential to ensure their safety and rights, as this could have significant economic implications for both sending and receiving countries (Pijnenburg & Rijken, 2021).

Not all individuals facing these unpleasant conditions leave their countries (Kuhnt, 2019; Williams, 2015; Zimmerman, 2011). Researchers agree that the socioeconomic characteristics of individual migrants influence the decisions of displaced persons to migrate from their home country (Adhikari, 2013; Zimmerman, 2011). It is increasingly asserted that migrants displaced by conflict and violence leave their countries primarily in search of safety (Bryne, 2016).

In times of conflict and violence, individuals face threats to their security and the loss of their livelihoods as they flee their countries for safety and better economic opportunities, often transiting through nations with improved economic prospects (Zimmerman, 2009; 2011). The economic environment plays a significant role in influencing migration decisions and aspirations. De Haas (2011) observed that political repression only occasionally results in substantial movements of people across borders if economic opportunities remain available. Factors such as natural disasters, though empirically predicted as potential triggers for large migration flows (Mendelsohn et al., 2006; Tol et al., 2004), may not directly influence international migration but rather affect internal migration (Alem et al., 2016; Gray, 2009; Raleigh et al., 2010). This, in turn, leads to rapid urbanisation, which impacts economic opportunities in urban areas (Barrios et al., 2006; Henderson et al., 2017).

Migration may also witness a boom in periods of communal conflicts and violence, affecting economic opportunities. One example is the herder-farmer conflict in Nigeria (Amnesty International, 2018), which triggers international migration. Regardless of the distinguishing factors between forced and voluntary migration, migrants of both types are compelled to migrate irregularly due to policies (such as tightened border controls and restrictive visa regulations) in their potential destination countries (de Haas, 2007, 2011; Mbaye, 2014).

However, voluntary migrants such as international students, guest workers, or those participating in worker exchange programmes through bilateral agreements are not compelled to engage in irregular migration by these policies. The migration policies of the migrants' countries of origin, particularly in authoritarian states, also restrict migration flows (de Haas, 2011; Commey, 2021). The literature indicates that, like others, migrants of African origin make significant contributions to the holistic development of both host countries and their countries of origin.

1.8. Transnationalism as a prospective alternative for global integration

Over the past three decades, emerging research in the social sciences has significantly redirected and expanded the scope of migration studies, emphasising the concept of transnational migration. This new understanding acknowledges that some individuals simultaneously belong to multiple societies while maintaining ties to their country of origin. Fundamentally, transnational living pertains to individuals with sustained and equally significant attachments, interactions, and presences in two or more societies separated by national borders, typically for self-improvement (Nowicka, 2020; Carling et al., 2021; Pries, 2022; Casinader, 2023).

Transnationalism is deeply interconnected with return migration arising from globalisation, as transmigrants navigate choices, concerns, and identities within social networks that extend across multiple societies (Tedeschi et al., 2022). This phenomenon comprises economic activities such as business investments in home countries and financial remittances, alongside political activities like maintaining membership in political parties of their country of origin, voting in its elections, and even seeking to run for political office. Moreover, transnationalism encompasses sociocultural exchanges, where interactions facilitate sharing ideas and meanings. These exchanges often occur during increased visits by immigrants to their home countries or visits by non-migrants to friends and families in receiving countries. Such migrations can profoundly affect the lives of individuals in the sending and host societies.

However, the economic, political, and socio-cultural implications of transnational migration suggest that while transnational migrants can be residents of their new community like anyone else, their daily lives depend on people, money, ideas, and other resources in a completely different environment. This further indicates that the prospects for developing certain nations are linked to the activities of their respective diasporas (Lima, 2010). This implies that every migrant can be both an agent and a subject of transnationalism, engaging in transnational activities and practices to varying extents (IOM, 2010). Consequently, there is a need for a certain degree of balance in these engagements, even as the two societies may take on differing roles in the life of the migrant.

This phenomenon is often more noticeable among particular groups, including lifestyle migrants, expats, temporary labour migrants, and international students. These groups are mainly

categorised by their reasons for relocating and their degree of freedom in choosing where to live under the prevailing circumstances.

According to Carling et al. (2021), while lifestyle migrants and expatriates are perceived as relatively affluent individuals of all ages who move either part-time or full-time to locations that, for various reasons, offer a better quality of life for them, experts are seen as a privileged class of mobile professionals and their family members, typically associated with a lifestyle of cross-border connectivity and a detachment from local society. This classification is considered discriminatory as it strips away their primary identity as immigrants (Koutonin, 2015; Tataru, 2019). Many individuals in the former category may not necessarily be migrants in the conventional sense of having changed their habitual residence. Yet, they lead transnational lives that challenge the traditional notion of migration.

Temporary labour migrants often engage in 'contract worker migration,' driven by the pursuit of employment opportunities. These individuals are generally unable or reluctant to settle permanently in the host country. This hesitance may stem from various factors, such as an imbalance between work and leisure or between productive and reproductive responsibilities (Dauvergne & Marsden, 2014; Sarkar, 2017; Valenta, 2020; Carling et al., 2021; Piper, 2022). Conversely, those who enrol in educational programmes outside their usual country of residence while maintaining social, familial, and economic ties are classified as international students. While many transnational migrants tend to gravitate towards the United States, the United Kingdom, and Australia, intra-European mobility is particularly significant in transnational living. The relationship between free movement policies and European government initiatives has facilitated extensive and fluid mobility, especially among students (Carling et al., 2021).

There is an argument that some migrants may be more transnational than others, with those living in two countries appearing to be the most transnational. For instance, Jews (Europeans) residing in America or Africans and other Asians living in Europe are considered to be more transnational than their South American counterparts (Bokser Liwerant, 2021; Caarls et al., 2021). What makes someone more transnational may not necessarily depend on their location or residence. Instead, it is reflected in the intensity of transnational practices such as transferring money, sending goods, and communicating with people across borders. In this sense, it is clear that transnationalism is

not solely driven by marginalisation but also by those who lead transnational lives, which can include both migrants and non-migrants.

Moreover, technological advancements have rendered transportation and communication significantly more accessible and affordable. In addition, international migration has become vital to the demographic future of many developed nations. Decolonisation, combined with the division of communist countries and the emergence of human rights, alongside numerous other factors, can also influence the prevalence of transnationalism (Lima, 2010).

1.9. Social remittances as a potential resource

Even from afar, emigrants transmit ideas, behaviour, identities, and social capital back to their home communities. These may include practices like democracy, health, gender equality, human rights, and community organisation (Tuccio & Wahba, 2020). Unlike global cultural flows, social remittances can be traced explicitly through designated channels, enabling the identification of their dissemination pathways and factors influencing impact. They can produce positive and negative effects (Lacroix et al., 2016). While some view migrants as catalysts for enhanced democratisation and accountability, others associate them with the rise of materialism and individualism.

Social remittances represent a significantly underutilised development resource that, when strategically leveraged, can enhance socioeconomic indicators in sending and receiving countries. Migrants and non-migrants operate within transnational social fields, indicating that the factors influencing their socioeconomic status are also transnational (Kane, 2021). By systematically promoting the exchange of information on health and education between source and host countries, practitioners and policymakers can harness the diverse ideas, beliefs, and resources that migrants possess (Lau & Rodgers, 2021). This approach enables educators and healthcare providers in both regions to better understand the transnational influences on migrants' lives, thus accessing a wider array of tools to improve their conditions. Importantly, rather than viewing remittance flows as a financial burden on the destination country, they should be recognised as a mechanism to address historical imbalances in development (Baumeister et al., 2019). While it is unrealistic to expect migrants' private transfers to substitute for the responsibilities of home states, particularly in the

context of declining aid budgets, it is essential to acknowledge the substantial developmental potential that migrant remittances hold.

1.10. Promoting development through return and repatriation

Without prejudice to the dual affiliation of migrants, return and repatriation are generally seen as the natural conclusion of the migration cycle and a prerequisite for the sustainable participation of migrants and refugees in local development. Ideally, migrants are expected to have accumulated capital and developed skills abroad that can be effectively invested in their home countries (Sørensen et al., 2003). Among the three "durable" solutions to refugee crises – integration in the first country of asylum, resettlement in a third country, or return to the homeland – return is often regarded as the most favourable and "natural" option. However, insufficient attention has been paid to how these various outcomes are influenced by the characteristics of returnees, the duration of their stay abroad, their level of integration into host countries, and the motivations behind different return types.

Numerous studies indicate that short-term returns, particularly among low-skilled migrants who either fail to adapt to the host country or return abruptly, are less likely to contribute significantly to development. In contrast, prolonged stays abroad, where migrants accumulate savings to meet specific development objectives, demonstrate much greater potential for developmental impact (Sørensen et al., 2003). The developmental benefits of return or repatriation also depend on the skills and aptitudes of the returnees, as well as the availability of a supportive social, economic, and institutional environment in the country of origin (Ghosh, 2000). In refugee repatriation, a cooperative political climate among former adversaries is essential (Um, 2023). Nonetheless, evidence suggests that states with a recent history of violent conflict are more likely to encourage contributions from refugees abroad rather than their direct involvement in the post-conflict nation-building process (Janmyr, 2022; Şahin-Mencütek & Tsourapas, 2023).

Repatriation or strict entry restrictions could significantly impact the migration-development nexus. If many migrants return to developing countries or conflict resolution leads to large-scale repatriation, remittances will sharply decline, raising the risk of renewed instability. Furthermore, the current trend of confining refugees and asylum seekers to their countries or regions of origin

limits their livelihood opportunities. Consequently, they have a reduced capacity to generate remittances compared to those in more prosperous migration destinations (Sørensen et al., 2002).

1.11. Understanding the mutual partnership in African migration to Europe

Migration has played a crucial role throughout human history, facilitating the flow of cultures, ideas, and talents across borders. With the current focus on the movement of people from Africa to Europe, this phenomenon has garnered widespread interest for its diverse impacts (Caarls et al., 2021). When viewed on a larger scale, it presents an opportunity for significant growth for African migrants and European host countries, paving the way for mutually advantageous collaboration. The arrival of African migrants not only enhances the much-needed diversity in Europe but also infuses a wealth of talent and skills. Fields such as healthcare, technology, academia, and entrepreneurship benefit considerably from these individuals' expertise (Vasile et al., 2023). By harnessing this diverse pool of skilled professionals, European countries can address labour shortages, foster innovation, and stimulate economic growth; moreover, exchanging knowledge and expertise bolsters the overall development and competitiveness of European industries.

Notably, the influx of African migrants presents a unique opportunity for Europe to strengthen its demographic composition. With declining birth rates and an ageing population, many European nations encounter economic challenges and mounting pressure on social welfare systems (Flahaux & De Haas, 2016). However, the arrival of African migrants, who are generally younger and have a higher fertility rate, provides a solution to these demographic disparities. They can inject energy into European communities and contribute to the sustainability of pension and healthcare programmes. Furthermore, integrating African migrants into European societies adds valuable cultural diversity, infusing vitality and dynamism into these communities. Exposure to various customs, languages, and perspectives fosters a sense of cohesion and acceptance, leading to a more inclusive and harmonious society (Lindsay, 2021). This cultural exchange also benefits European nations by broadening their understanding of global perspectives and promoting cooperation and unity.

African-European migration is increasingly influenced by incidents of racism and xenophobia, which have become pervasive in many European societies (Moyo & Mpofu, 2020). In some instances, an

African immigrant seeking to establish themselves in Europe is likely to encounter significant hostility rooted in deep-seated racial prejudices and fear of the "other." These negative attitudes manifest in various ways, from overt acts of discrimination to more subtle, systemic biases that hinder migrants' access to employment, housing, and social services (Ball et al., 2022). The rise of far-right political movements across Europe has exacerbated these issues, as these groups often exploit public fears of immigration to advance nationalist agendas. Consequently, African migrants are not only marginalised socially but are also frequently scapegoated for broader socio-economic challenges, such as unemployment and pressure on public resources. This climate of xenophobia undermines efforts to integrate migrants into society, perpetuating cycles of exclusion and inequality.

In response to these growing fears and the perceived threat of immigration, European governments are increasingly adopting more restrictive immigration policies (Schapendonk, 2012). These policies often aim to limit the influx of migrants, mainly from Africa, through stricter border controls, tightened asylum procedures, and more rigorous enforcement of deportation orders. The trend towards the securitisation of migration reflects a broader shift in policy-making, where migration is framed primarily as a security issue rather than a humanitarian or economic one. Such restrictive measures not only curtail opportunities for legal migration but also exacerbate the vulnerabilities of those who manage to enter Europe, as they are often forced into precarious and informal sectors of society, where they are more susceptible to exploitation and abuse (Ball et al., 2022). The tightening of immigration policies, coupled with the rise of xenophobia, thus presents significant challenges for African migrants, highlighting the need for comprehensive and equitable approaches to migration management that prioritise human rights and social inclusion.

On the other hand, the allure of Europe for African migrants lies in the promise of substantial economic gains through remittances (Enaifoghe, 2020). These vital funds are transferred back to their countries of origin, supporting families and boosting local economies. Ultimately, these remittances play a pivotal role in enabling African communities to invest in crucial areas such as education, healthcare, and infrastructure, thereby paving the way for poverty reduction and long-term development (Awumbila, 2017).

Furthermore, African migrants who have journeyed to European societies gain valuable experience that can be channeled into positively impacting their homecoming. Living in a new environment allows them to gain diverse perspectives on governance structures, educational systems, and social dynamics, providing crucial insights that can be harnessed to drive progress in their home countries (Idemudia & Boehnke, 2020b). This "brain gain" phenomenon holds immense potential for fostering innovation, entrepreneurship, and enhanced governance in Africa.

The advantages of African migration to Europe extend beyond mere demographic changes. They present substantial opportunities for mutually beneficial partnerships through exchanging talents, cultural diversity, and economic contributions (Geurts & Lubbers, 2023). This dynamic interaction enables African immigrants and European host nations to thrive collectively by leveraging their strengths and fostering a symbiotic relationship. Embracing migration as a collaborative venture highlights the importance of inclusive policies and international cooperation in harnessing the immense potential of this complex and evolving phenomenon.

Effective migration management requires more than superficial solutions; it necessitates a profound understanding of the underlying causes and a commitment to sustainable and equitable global migration systems. Addressing the root causes of migration from developing nations is crucial for creating long-term solutions. Economic disparity, political instability, and environmental degradation are significant factors driving migration, and comprehensive strategies must include efforts to improve economic conditions, enhance political stability, and mitigate ecological damage in migrants' countries of origin. Furthermore, fostering social unity and combating prejudice in origin and destination countries is essential for creating an environment where migrants are valued and can contribute meaningfully to society. For instance, inclusive community initiatives in Europe that celebrate cultural diversity and support integration can help alleviate the challenges faced by African migrants, promoting a more cohesive society.

By valuing migrants' contributions and addressing the fundamental driving forces behind migration, we can strive for a more unified and balanced global society, enhancing the well-being of individuals and communities (United Nations, 2022b). This holistic approach to migration recognises its complexity and potential, advocating for a future in which migration is a source of growth and mutual benefit.

CHAPTER 2

TRANSNATIONAL MIGRATION

2.1. Vulnerability, threats and insecurity

Migration has been pivotal throughout human history, continuously shaping societies and cultures. Over the centuries, individuals have often migrated from their home countries in search of better living conditions, intending to settle in more developed regions, primarily Europe and North America. These areas are commonly viewed as providing enhanced safety and more lucrative opportunities for their skills and services (Hoxhaj et al., 2020). It is essential to recognise that migration is not merely driven by the need to escape dire circumstances such as violence, war, hunger, or extreme poverty (Castelli, 2018; Amnesty International, 2023). Many migrants are propelled by personal and professional growth aspirations, seeking environments that offer improved socioeconomic prospects and quality of life.

However, it is undeniable that not all migrants reach their initially intended destinations (Ambrosini & Hajer, 2023). Various unforeseen factors and challenges can impede their journey, compelling them to reconsider their plans. These obstacles range from strict immigration policies and border controls to unexpected socio-political changes in transit and destination countries (Kassar & Dourgnon, 2014). The migration journey is fraught with uncertainties, and the likelihood of being diverted from one's primary destination is a vital consideration for anyone contemplating relocation. Potential migrants, therefore, face the challenge of adapting their plans in response to these dynamic and often unpredictable circumstances.

Moreover, as expected, even upon arriving at their intended destinations, the prevailing conditions, including economic downturns, social tensions, and shifts in immigration policies, can significantly influence their capacity to integrate and flourish in their new surroundings. These factors may occasionally force migrants to relocate once more in search of improved opportunities elsewhere (ICMPD, 2022; Bijwaard & Wahba, 2023). This underscores the fluid nature of migration and the necessity for migrants to remain adaptable and resilient in response to changing circumstances.

Grasping these complexities is crucial for policymakers and support organisations to offer practical assistance and formulate comprehensive strategies that address the intricate nature of migration.

Furthermore, structural racial discrimination against individuals of African descent, including women and girls, continues to exist in the realms of economic, social, and cultural rights, as well as their engagement in public and political affairs. The insatiable human desire for comfort, combined with the abuse and violence experienced by migrants during their journeys, alongside the perceived 'near-perfect' living conditions of certain migrants from developing nations—particularly those of African and Asian descent—have significantly shaped their decisions to alter their destinations (Awais & Sarwar Shah, 2019; Wilkes & Wu, 2019; Haberfeld et al., 2019; Spörlein & Schlueter, 2020).

The interplay of push and pull factors in migration is significant, if not crucial, in the decision-making process regarding relocation. This highlights that migration is not merely a simple linear journey from a country of origin to a single final destination but rather a complex and multidimensional phenomenon (Sobczyński, 2019; Snel et al., 2021; Bilgili et al., 2022).

For many individuals, emigrating from their home country is voluntary; for others, it is necessary for survival (Bazillier et al., 2017; Kelman et al., 2019). This process often involves a continuous journey fraught with numerous challenges, threats, insecurities, and uncertainties (Estevens, 2019; Altschul et al., 2020; Chamie, 2020; Esteves, 2022). As Snel et al. (2021) noted, migrants face various obstacles, such as deserts, seas, and closed borders, requiring improvisation, adjustments to their routes and destinations, and mobilising new support resources. Furthermore, some migrants may continue their journey even after residing in a location for an extended period due to strict internal migration controls and evolving economic or political conditions in their current place of residence.

Like other migration flows, African migration plays a significant role in foreign direct investment, remittances, technology transfer, technical skill dissemination, and overall societal development (Commey, 2021; Vaculovschi, 2021). Conversely, this migration often leads to brain drain, a shortage of skilled labour, and a general decline in population in the countries of origin, potentially leaving them with inadequate human resources (Maharaj, 2014; Feld, 2021a; 2021b; Bhardwaj &

Sharma, 2022). The migration process of African migrants, including their security profiles from their home countries, during their journey, and within their host countries, remains only partially understood. Research in this area is essential to assist relevant agencies and regional authorities in developing welfare programmes to tackle integration challenges and reduce insecurity, thereby enabling these migrants to contribute effectively to the economic development of their host countries.

Although conflicts and violence have been identified as determining factors of international migration (Conte & Migali, 2019), the individual characteristics of potential African migrants, the quality of institutions and good governance in both their countries of origin and those of destination, as well as the level of satisfaction individuals have with local amenities such as public services and security, also influence migration decisions (Commey, 2021).

Transnational migration has become essential to human existence despite substantial challenges, such as climate and temperature disparities and global pandemics (Guo, 2021). Acknowledging the many difficulties and struggles encountered by migrants and refugees, the international community, through United Nations agencies, has committed to protecting the human rights and fundamental freedoms of all refugees and migrants, with a particular emphasis on migrant and refugee women and girls. In support of transnational migration, the international community has enacted several significant agreements, including the New York Declaration for Refugees and Migrants in 2016, the Global Compact for Safe, Orderly and Regular Migration, and the Global Compact for Refugees in 2018.

Overall, strongly condemning the various acts and manifestations of racism globally does not appear to be the only path to a better quality of life for migrants. Concrete actions are essential to effect the desired change through legislation and establishing national equality bodies. It is anticipated that the dignity and worth of every human being will be assured when there is a commitment to eliminating all forms of discrimination, xenophobia, and intolerance against migrants and refugees.

2.2. Vulnerability in the face of African migration

The history of African migration would not seem complete without reference to the aspect of migratory vulnerability (Baumgärtel, 2020; Baumgärtel & Ganty, 2024), as these groups are often regarded as naturally disadvantaged due to their ancestral identity or background. Vulnerability, as an internal risk factor, refers to the intrinsic tendency of an individual or system to be affected by hazards, reflecting its susceptibility to damage or harm (Gilodi et al., 2022; Mascheri et al., 2024). This concept is frequently employed to classify migrants based on specific characteristics, often without a clear definition or conceptual understanding.

Generally speaking, vulnerability encompasses the complex risks and challenges that certain migrants may encounter in foreign countries stemming from their perceived marginalised status and precarious circumstances (Flegar, 2018). According to IOM (2019), migrants are especially susceptible to human trafficking, forced labour, and modern slavery. They find themselves vulnerable in any situation or location where the authority of the State and society fails to protect them, whether due to a lack of capacity, absence of applicable laws, or mere neglect (IOM, 2019).

This encompasses situations in which migrants are fleeing violence and conflict, dislocated from their community and family support structures, without access to legitimate employment, legal status, or social protection. They may be moving or working through irregular channels, engaged in sectors that are either hidden, such as work at sea or in private homes as domestic workers, or in informal sectors that are either not covered or may be excluded from existing systems of labour protections.

Remarkably, children and adolescents, women and men, and, indeed, undocumented migrants are vulnerable to human trafficking, forced labour, and modern slavery. It is not surprising to expect that women are experiencing higher rates of modern slavery in domestic work, the sex industry, and forced marriage. At the same time, men are more likely to be exploited in forced labour within the construction and manufacturing sectors. Other situations include tied visas and other mechanisms that provide undue control to employers or recruiters, such as the withholding of identity documents, restrictive migration systems that fail to account for labour market realities or effectively balance competing policy priorities, corruption among officials involved in recruitment,

migration, and criminal justice processes—including recruitment agents, employers, and government border control, police, and military officials—reliance on third-party recruiters and agents, and gaps in the protective mechanisms provided by the government, reflecting either a lack of priority or lack of coverage, could predispose individuals to exploitation (IOM, 2019).

The vulnerability faced by migrants arises from a complex interplay of factors originating in both their home and host countries (Trentin et al., 2023). In their home countries, migrants often confront systemic challenges such as political instability, economic hardship, social inequality, and environmental degradation, all of which significantly contribute to their vulnerability. Political instability can manifest as conflict, governance failures, and oppressive regimes, prompting individuals to seek safety and stability elsewhere.

Economic hardship, characterised by unemployment, poverty, and a lack of opportunities, drives many to migrate for better livelihoods. Social inequality, which includes issues of caste, ethnicity, and gender discrimination, further exacerbates their plight, limiting access to resources and opportunities. Environmental degradation, such as desertification, deforestation, and climate change, can devastate livelihoods and compel communities to relocate. Furthermore, discrimination, persecution, and human rights abuses—including ethnic violence, political and religious persecution, and gender-based violence in their home countries—intensify their vulnerability, making migration a necessity for survival and dignity for those affected (Ewers et al., 2023).

Upon arriving in host countries, migrants face a unique set of challenges that can make them vulnerable to both physical and psychological harm. These challenges include violence, human trafficking, exploitation, marginalisation, and discrimination. Legal barriers often hinder migrants from securing employment, leading to economic instability and reliance on informal or exploitative work. Language barriers and cultural differences can obstruct communication, understanding, and social integration, resulting in isolation and mental health issues. The lack or the inadequacy of social support networks in host countries exacerbates their marginalisation and may leave them without recourse in times of need. Xenophobia and social exclusion, frequently fueled by political rhetoric and media portrayal, further alienate migrants and expose them to discrimination across various spheres of life, including housing, education, and healthcare (Pijnenburg & Rijken, 2021).

Moreover, migrants encounter structural vulnerabilities from legal and administrative barriers, such as a lack of legal status or documentation. These obstacles render them vulnerable to exploitation, abuse, and exclusion from vital services. Without legal status, migrants may struggle to access healthcare, education, and legal protection, which increases their susceptibility to labour exploitation and human trafficking. The administrative challenges of regularising their status or obtaining documentation can be overwhelming and lengthy, leaving many in legal limbo. This precarious situation can lead to a cycle of vulnerability and marginalisation in which migrants remain at continual risk of deportation, detention, and other forms of state coercion, which aggravates their already precarious existence (Flegar, 2018).

Furthermore, migrants may face socio-economic vulnerabilities, including limited access to or inadequate housing and discrimination, which increase their risk of poverty, social marginalisation, and the deprivation of fundamental rights. Other factors, such as delays in documentation, the COVID-19 pandemic, family separation, and health challenges, have also been linked to the unfavourable conditions faced by migrants, adversely impacting their well-being in various situations (Juárez-Ramírez et al., 2021). Collectively, the complex and profound nature of this vulnerability among migrants underscores the necessity for comprehensive policy interventions and support mechanisms in home and host countries to address and alleviate these issues.

According to the International Organisation for Migration (2019), migrants in vulnerable situations are those who are unable to enjoy their human rights fully and are at an increased risk of violations and abuse. Consequently, they are entitled to invoke a duty bearer's enhanced duty of care. Vulnerability is often associated with the dangers of poverty, limited coping capacity, reduced autonomy, and high levels of dependency. This term can be categorised into innate, situational, and structural factors.

2.2.1. Innate and Situational Vulnerability

A common understanding of vulnerability is its inherent nature, characterising specific individuals or groups based on intrinsic attributes. For instance, women, children, the elderly, and disabled individuals are often viewed as naturally more vulnerable due to societal perceptions of their

heightened susceptibility (Limanté & Tereškinas, 2022). This inherent perspective considers vulnerability as a natural condition affecting particular demographics, such as women, children, and elderly and disabled individuals, who are perceived as inherently more vulnerable (Numans et al., 2021).

Situational vulnerability, however, stems from specific experiences or conditions, such as those of victims of violence, individuals without housing, or residents in disaster-prone areas. This perspective emphasises the potential for change and agency over time and advocates for proactive policies to alleviate vulnerability (Biswas & Nautiyal, 2023). Structural vulnerability examines the systemic inequalities faced by migrants, who are often disproportionately subjected to forms of structural violence entrenched in political and economic institutions, perpetuating the unequal distribution of resources and power.

Many individuals of African descent are perceived as a historically disadvantaged group due to the region's underdevelopment. In a society dominated by White individuals, being Black can pose a considerable disadvantage in numerous contexts, as this identity often restricts opportunities, participation, and achievements. This systemic marginalisation continues to permeate various spheres of social and economic life, reinforcing barriers to equality and inclusion. For example, when away from home, it is not surprising that being Black may be erroneously or deliberately linked with poverty, attending underperforming schools, facing housing discrimination, being denied job interviews, encountering police stops, receiving inferior medical treatment, living in substandard conditions and polluted environments, experiencing unemployment, serving longer prison sentences, and ultimately, having a reduced life expectancy (Paul-Emile, 2018; pp. 295).

However, situational vulnerability offers a dynamic perspective, recognising that certain individuals or groups become vulnerable due to specific experiences or conditions. This includes those who have suffered violence, individuals currently without homes, or those residing in disaster-prone areas (Faissner et al., 2023). Unlike innate conceptualisations, situational vulnerability accounts for changes over time and emphasises individual agency.

2.2.2. Structural vulnerability and migration dynamics

Structural vulnerability is particularly significant when examining the conditions faced by migrants in their host countries. Migrant communities frequently encounter structural vulnerability due to systemic inequalities and various forms of structural violence, often racialised and entrenched within political and economic institutions. These systems foster unequal distributions of resources and power, worsening the vulnerability of specific groups (Litavec & Basom, 2023). Structural violence encompasses the exploitation and oppression experienced by migrants and ethnic minorities, which substantially affects their social hierarchy and exposure to structural vulnerability (Carruth et al., 2021).

The IOM policy documents indicate a complex relationship between migration and vulnerability: Migration can cause vulnerability, result from it, or impede it (Flegar, 2018). Situational vulnerability aligns with the first scenario, where migration itself induces vulnerability.

However, structural vulnerability accounts for the latter two scenarios. For instance, refugees fleeing persecution illustrate migration as a result of structural vulnerability, where the sociopolitical context of their country of origin drives their movement. Conversely, structural vulnerability can also hinder migration, as seen in poor and marginalised groups unable to relocate during natural disasters due to a lack of resources (Siller & Aydin, 2022).

Consequently, structural vulnerability significantly influences migration patterns and requires comprehensive policies to tackle these systemic challenges. However, vulnerability is perceived as a consequence of the interaction between contextual factors and personal characteristics. This viewpoint indicates that proactive policies aimed at addressing and alleviating specific circumstances can assist individuals in moving out of vulnerability (Keywood, 2017).

2.3. Threat

This issue concerning the safety and well-being of migrants in foreign nations encompasses numerous challenges and risks they face upon arrival and during their stay in host countries. These threats can arise from physical safety and legal, socio-economic, and interpersonal factors.

Instances of accidents related to transit, robbery, and detention by border police and other security agencies can cause significant distress for those leaving their countries for the first time. This experience is particularly severe for irregular migrants going to their destination via the Sahara or sea routes. Legal threats may emerge from restrictive immigration policies, a lack of legal status, or the risk of detention and deportation, leaving migrants susceptible to exploitation and abuse.

Socioeconomic threats appear as obstacles to accessing essential services, discrimination in employment, and sociocultural marginalisation, intensifying migrants' vulnerability to poverty, homelessness, and social exclusion.

Interpersonal threats such as xenophobia, racism, bullying, psychological torture, breaches of human rights, gender-based violence, anti-migrant sentiment, and the criminalisation of migration further compound the challenges faced by migrants, undermining their safety, dignity, and well-being in foreign nations (El-Khoury et al., 2021). Additionally, concerns arise over the market value of education acquired in various sending countries, the lack of country-specific skills such as language and an understanding of the receiving countries' labour market institutions, spatial segregation, institutional factors, and various forms of discrimination (Guzi et al., 2023).

As discrimination against migrants and its consequences are critical determinants of the economic, sociocultural, and civic-political future of receiving societies and individuals seeking to make these societies their new home, understanding the multifaceted threats faced by migrants in both their home and host countries is essential for developing effective policies and interventions to ensure their protection. This understanding would help promote their integration and inclusion within host communities, safeguarding their rights, dignity, and well-being throughout their migration journey and, more broadly, addressing numerous migration-related challenges (Esses, 2021).

2.4. Insecurity

The incidence of insecurity—and the safety and well-being of migrants in foreign nations—encompasses numerous threats and vulnerabilities that migrants may encounter during their journey and upon arrival in the host country. This can take various forms, such as physical safety risks, economic instability, social marginalisation, and legal uncertainty (Fontana, 2022). Migrants

often face dire conditions during transit, including human trafficking, exploitation, violence, and hazardous travel routes, which leave them exposed to harm and further exploitation. Those who have recently arrived in the destination country may encounter systemic barriers to accessing essential services, employment, housing, and legal protection, exacerbating their vulnerability and jeopardising their safety and well-being. Discriminatory attitudes, including unfriendly policies targeting migrants, further contribute to their insecurity, fostering a climate of fear, marginalisation, and exclusion (Fontana, 2022).

As mentioned previously, the absence of legal status or documentation can increase migrants' vulnerability to detention, deportation, and arbitrary treatment by authorities, heightening their sense of insecurity and undermining their rights and dignity (Moyce & Schenker, 2018). In addition to economic insecurity, migrants frequently encounter significant barriers to accessing essential services such as healthcare, education, and housing. Limited access to affordable healthcare services due to legal restrictions, language barriers, and lack of documentation can jeopardise migrants' health outcomes and worsen existing health disparities.

Similarly, in certain areas, barriers to accessing quality education for migrant children—including language obstacles, a lack of educational resources, and discrimination—hinder their academic success and long-term integration prospects. Furthermore, the shortage of affordable and suitable housing options forces many migrants into overcrowded and substandard living conditions, exacerbating their vulnerability to exploitation, homelessness, and social exclusion (Gabrielli & Impicciatore, 2022). More significantly, the language barrier poses a serious challenge during adaptation, as numerous migrants have reported difficulties in interaction despite their proficiency in English, highlighting the need for effective communication to achieve integration. The clash of cultural identities further complicates the adjustment process, with some migrants striving to preserve their heritage while adapting to a new environment.

Sustaining a durable and dependable national security framework will become increasingly challenging in the context of rising global human insecurity, necessitating a robust response to all factors contributing to this insecurity. Beyond investing in development to lessen the desire to migrate, national and international authorities must implement appropriate policies to address

threats to human security, thereby fostering conditions for migration based on choice rather than necessity.

For many years, owing to its colonial past, Portugal has been a significant destination for migrants from Portuguese-speaking countries, including Angola, Brazil, Cape Verde, Guinea-Bissau, Mozambique, and São Tomé e Príncipe, with a notable expansion of migration corridors (Carvalho, 2022; Raimundo, 2023; Wihtol de Wenden, 2023; Kalter, 2024). In the context of African-Luso migration, Portugal's hosting of diverse communities of migrants is progressively extending beyond Portuguese-speaking nations. It now includes Anglophone and Francophone migrants seeking opportunities beyond the African continent, reflecting a broader demographic shift in its migrant population.

The incidence and factors contributing to barriers such as loneliness and discrimination among certain Portuguese-speaking African migrants, specifically Angolan, Cape Verdean, Guinean, and Mozambican students and workers residing in Portugal, have been thoroughly documented over the years (Alves & King, 2021; Cairns et al., 2021; Doutor, 2024; Malet Calvo et al., 2022; Neto & Barros, 2003; Neto & Wilks, 2017; Neto, 2020; Neto, 2021a; Neto, 2021b; Neto et al., 2022; Neto & Pinto, 2022; Oliveira et al., 2017; Wihtol de Wenden, 2023; Wilks & Neto, 2016).

As migration corridors expand and communities grow, studies concerning non-Portuguese-speaking migrants from Africa are becoming increasingly vital for a more comprehensive understanding of African migrants in Portugal. This should encompass a broader spectrum of social classes and regions, acknowledging that individuals who migrate may encounter various challenges in adapting to or embracing the host culture, regardless of their social standing.

The scope of transnationalism concerning African migration to Portugal arises from the various forms of interconnectedness and interactions that occur between nations—individuals or communities that continue to engage with their home states after relocating abroad (Marino, 2016; Trovão, 2016; Declich & Rodet, 2018; Peixoto et al., 2019; Carling et al., 2021). Numerous activities and attitudes constitute this phenomenon, including sending remittances, maintaining social and family networks, participating in religious and cultural events, and engaging in political or civic affairs at home and abroad (Ahrens & King, 2023).

Transnationalism reflects the evolving nature of migration today, where immigrants are said to inhabit various social, economic, and cultural landscapes while maintaining meaningful connections that cross borders (Laubenthal, 2023; Morales et al., 2023; Karki & Moasun, 2024).

CHAPTER 3

THEORETICAL BACKGROUND ON MIGRATION

3.1. Overview of migration theories

In this section, the theoretical framework of migration is presented with a strong focus on transnational migration, reviewing existing studies while primarily discussing theories related to migration. It explores the reasons for migration and subsequently presents theoretical arguments regarding how the decision to migrate may be influenced by the economic challenges and adverse life circumstances faced by migrants on the move. Numerous scholars have proposed models to clarify the concept of migration and its associated activities. Developed over the past 50 years, transnational migration theories draw on an interdisciplinary foundation that includes economics, sociology, geography, commerce, management, law, political science, demography, and psychology.

These theories seek to elucidate the movement of various populations to specific regions at particular times and the underlying motivations for such migrations. They also address the deterrents that may dissuade individuals initially inclined to migrate from their home countries. Notably, several theories closely investigate the insecurity experienced by migrants, a vital aspect of transnational migration.

The theories can be broadly categorised into three main types: micro, macro, and meso-level theories (Table 1). The micro-level theories encompass the push and pull factors theory, neoclassical micro-migration theory, and behavioural models, which examine migration decisions from an individual's perspective, including their expectations, plans, and constraints.

The macro-level theories include neoclassical macro-migration theory, migration as systems theory, dual labour market theory, world systems theory, and mobility transition theory. These theories present migration decisions from an aggregate perspective, focusing on factors such as the economy's macroeconomic structure.

The meso-level theories encompass social capital, institutional, network, cumulative causation, and New Economics of Labour Migration theories. These theories merge migration decisions between micro and macro levels, including family ties, social networks, peer groups, and community bonds (Wickramasinghe & Wimalaratana, 2016; Carling et al., 2020; Bastia & Skeldon, 2020; Paul & Yeoh, 2021).

This connection between the micro, macro, and meso levels of this categorisation can deepen our understanding of international migration by African migrants.

Table 1 offers an overview of migration theories across the level dimensions and their classification as causes or perpetrators of migration.

Table 1. The analysis level and migration initiation or perpetuation define migration theories.

Theory Features	Micro level	Macro level	Meso level
Migration cause /perpetuation	Individual values/ desires/expectancies e.g., improving survival, wealth, etc	Macro level opportunity structure e.g., economic structure (income and employment opportunities differentials)	Collectives/ social networks e.g., social ties
	<i>Initiation of migration</i>		<i>Perpetuation of migration</i>
Main theories	- Push and pull factors - Neoclassical micro-migration theory - Behavioural models - Theory of social systems	- Neoclassical macro-migration theory - Migration as a systems theory - Dual labour market theory - World systems theory - Mobility Transition theory	- Social capital theory - Institutional theory - Network theory - Cumulative causation - New Economics of Labour Migration

By evaluating economic, sociocultural, and political aspects, migration theories enhance our understanding of the complex decision-making processes that drive migration. They shed light on migration's impact on migrants and host countries, aiding policymakers and researchers in addressing the various challenges and opportunities related to human mobility (Bhagat, 2020; De Haas, 2021; Kaushik, 2021). A key component of migration theories is the principal migration transition theories proposed by De Haas (2010), Skeldon (2012), and Zelinsky (1971). These theories assert that economic development and the accompanying social transformation initially

coincide with increasing levels and a broader geographical scope of emigration. They were developed to tackle the issue of individual migration decision-making.

3.2. Micro-level theories

Micro-level theories primarily examine the decision-making processes and behaviours of individuals, families, and groups about the macroeconomic conditions and human security indicators of both their countries of origin and destination (Table 1). These theories clarify migration choices by focusing on individual-level determinants, including macro and meso-level factors, demographic attributes, personality traits, and risk aversion (Commey, 2021). Although they differ in their focal points, theoretical assumptions, and units of analysis, these theories converge on a fundamental aspect: they all function as micro-level models that emphasise the significance of the decision-making entity in migration processes.

3.2.1. Push and pull factors theory

The theory posits that several factors prevalent in less economically developed countries compel individuals to migrate to more favourable regions. These factors encompass high poverty rates, rapid population growth, insufficient labour demand, low wages, shrinking agricultural land, political instability, low social status, and persistent military conflicts. Conversely, economically prosperous nations draw migrants due to greater labour demand and improved wages, which sharply contrast with the conditions in their home countries (Wadood, 2021; Bunduchi & Vasile, 2023).

Scholars like Wadood (2021) and Wadood et al. (2023) suggest that factors of economic growth may eventually balance migration patterns. They argue that an influx of labour into recipient countries could decrease wages, while emigration might raise wages in source countries. Over time, this could result in wage parity between regions and potentially diminish international migration. Furthermore, global processes such as globalisation, technological advancement, and the shifting economic order are essential drivers of the accelerated pace of international migration (Vaculovschi, 2021).

3.2.2. Micro neoclassical model

In contrast to most migration theories, neoclassical migration theory is explicitly grounded in a model of individual decision-making at the micro level (Todaro, 1969; Todaro & Maruszko, 1987). Central to this theory is the concept of the 'rational' actor, who makes migration decisions based on a cost-benefit analysis. According to this model, a migrant evaluates the costs and benefits of relocating to various countries against those remaining in their current location, ultimately choosing the most significant net advantage.

The neoclassical micro migration model emphasises that an individual's decision to migrate is influenced by their human capital characteristics, including age, gender, education, skills, occupation, experience, marital status, entrepreneurial ability, and their propensity for success and risk-taking in starting afresh in an unfamiliar environment (Sjaastad, 1962; Harris & Todaro, 1970; Borjas, 1980). Additionally, it posits that anticipated lifetime benefits versus expected lifetime costs are crucial determinants in migration decision-making, particularly for individuals from developing economies.

In summary, human capital theory suggests that a migration decision arises when an individual recognises the opportunity to enhance their human capital accumulation and achieve greater returns on this asset in the host country than the sending country (Lewis, 1954). This concept may lead to a significant loss of skilled professionals (such as physicians, engineers, scientists, professors, etc.) from the sending countries. However, the neoclassical theory of migration inadequately addresses why migrant workers should send remittances back home, as the considerations for the well-being of their family members have not been sufficiently recognised, making the act of sending remittances seem irrational within the neoclassical economics framework (Commey, 2021).

3.2.3. Behavioural models

Behavioural models conceptualise migrants as rational actors who evaluate the costs and benefits of their decisions. In contrast, value-expectancy models move beyond the narrow focus on monetary profit maximisation to adopt a broader perspective. These models suggest that

individuals select actions based on the expected value of anticipated outcomes (de Jong & Fawcett, 1981). As a result, the motivation to migrate is shaped by the perceived value of desired outcomes and the belief that migration will fulfil these outcomes. While neoclassical theory emphasises monetary costs and benefits, the value-expectancy model encompasses a broader range of factors that may influence decision-making, including wealth, status, comfort, stimulation, and autonomy, among other variables (Courgeau, 1995).

The value-expectancy model suggests that migrants make rational decisions *ex-ante*, choosing the option where their aspirations are most likely fulfilled. Unlike models that assume complete rationality, more psychologically oriented approaches acknowledge the bounded rationality of individuals (Faist, 2000), highlighting that people have limitations in their problem-solving capabilities and in accessing and processing information (Simon, 1957). This implies that individuals utilise a simplified model as the foundation for decision-making and act rationally by this model (Courgeau, 1995).

The stress-threshold model developed by Wolpert (1965) views migration as an adaptive strategy in response to a person's immediate environment, encompassing economic, social, psychological, and other opportunities and costs. In this context, individuals assign varying 'place utilities' to different locations based on their subjective perceptions of utility, recognising that information regarding alternative actions is incomplete and subjective. In summary, according to the later model, individuals will choose to relocate if the expected place utility in a potential alternative destination exceeds that of the current location.

3.3. Macro level theories

Macro-level theories suggest that migration is driven by socioeconomic disparities between countries, where push factors compel individuals to depart from their origin, while pull factors attract them to alternative destinations (Table 1). Kuhnt (2019) identifies several significant macro-level factors that differentiate forced and voluntary African migrants, including economic opportunities, conflicts and violence, human rights abuses, weaknesses in institutions and welfare states, fragility, and environmental threats. These macro-level influences seem to be particularly crucial in shaping migrants' aspirations. Furthermore, macroeconomic indicators such as wage

levels and employment conditions in origin and destination countries provide substantial explanations for the migratory patterns observed among African migrants (Massey et al., 1993, pp. 431-466).

The theory has led to empirical studies identifying economic opportunities as a causal factor in international migration (Commeys, 2021). In their study examining migration flows from 1980 to 2005, Ortega and Peri (2009) found that the income gap between countries of origin and destination was a significant determinant of international migration. Other scholars, such as Clark et al. (2007) and Czaika and Hobolth (2016), supported this empirical evidence (Kuhnt, 2019). Economic opportunities within macro-level factors illuminate the financial security of African migrants in their countries of origin and account for the ongoing movement of skilled labour from Africa (Castles & Miller, 1993).

3.3.1. Neoclassical macro-migration theory

The neo-classical theory represents an established and well-recognised theory of international migration. It elucidates the impact of labour migration on economic development (Arango, 2000; Lewis, 1954; Todaro, 1976; van Naerssen et al., 2008). The theory asserts that the cause of international migration is the geographical imbalance between the demand and supply of labour. Naturally, for workers in regions where the supply of labour is elastic but the wage levels and the workers' marginal productivity are low, it is very likely, if not sure, that they will migrate to high-wage countries (Massey et al., 1993).

As a result, remittance generation has become a significant incentive for labour-sending countries to promote out-migration. Furthermore, migration bolsters the economy of the labour-receiving country by enhancing production, while the remittances-receiving country could ideally reduce its income inequality and wage disparities (Prakash, 2009).

By the concept of Neo-classical theory, it is further assumed that labour market rules and regulations can manage international migration from both sending and receiving countries (Massey et al., 2005). This assumption holds valid only in situations where numerous regulations are established that effectively control labour export. For example, the Sri Lankan government has

implemented mild restrictions on mothers with children under the age of five, limiting their ability to accept jobs abroad as housemaids to minimise the impact of maternal migration on their children (Abeyasekera & Jayasundere, 2015, p. 3).

3.3.2. Migration systems theory

The migration systems theory approach was initially formulated to explain the persistent rural-to-urban migration in Africa (Mabogunje, 1970). It aimed, among other things, to clarify why specific migratory patterns and stable migration flows between certain places and countries arise and how these generate further migration flows. The theory emphasises the dynamic spatial process of migration, portraying it as a circular, interdependent, progressively complex, and self-modifying system (Kritz et al., 1992).

The fundamental components of the theory comprise an initial pool of migrants whose migration decisions are influenced by various stimuli. This rural control sub-system regulates outflows, and an urban control sub-system manages inflows, along with a series of positive and negative feedback channels and adjustment mechanisms (Czaika et al., 2021; de Haas, 2021). Control sub-systems oversee the overall system and dictate migration flows (e.g., family, community or cultural instances and norms, city administrations, and employment agencies). These sub-systems and the environment (e.g., economic conditions, technology, transportation, governmental policies) are constantly changing, thus creating a dynamic migration system. Kritz and Zlotnik (1992) expanded the migration systems approach to include international migration, emphasising the interdependencies, reciprocities, and adjustments of the actors involved in the migratory process (individuals, institutions, organisations, and states).

Proponents of migration systems theory argue that once any exchange between countries is stimulated (for instance, the exchange of goods), other types of exchange (such as the exchange of people) are likely to follow (de Haas et al., 2021). The migration systems approach is often not viewed as a distinct theory but rather as an embodiment of world systems theory, network theory, institutional theory, and the theory of cumulative causation (Massey et al., 1993).

3.3.3. Dual labour market theory

The dual labour market theory (also known as segmented labour market theory), developed by Piore (1979), views migration as a consequence of structural conditions such as labour market segmentation, the concentration of land ownership, or the long-term effects of colonisation. The theory suggests that migration is primarily driven by labour demand from destination countries and is typically initiated through recruitment programmes for a foreign workforce (Villamil et al., 2020; de Haas, 2021). It also assumes that the labour market in developed countries is divided into two main segments: the high-skilled and well-paid sector and the low-skilled and poorly paid sector. Consequently, employment in the first sector is associated with high social status and prestige, whereas employment in the latter is linked to low wages and diminished prestige.

Massey et al. (1998), cited in Bircan et al. (2020), identified various mechanisms that elucidate the necessity for foreign labour. Firstly, a wage increase within the low-skilled sector would trigger structural inflation throughout the labour market, as wages must be adjusted upwards across all levels. Consequently, it becomes easier to recruit foreign labour.

Secondly, jobs at the lower tiers of the hierarchy often correlate with motivational issues among domestic workers due to their low social status and limited opportunities for upward mobility. Foreign workers, however, tend to focus on the hierarchical values of their country of origin. As a result, they are initially concerned with aspects other than social prestige in the host country.

Thirdly, the primary capital-intensive segment remains stable and is minimally affected by fluctuations. Workers must have the expertise to manage technology-intensive processes. Employers should invest in their employees' education and promote continuous training. Employees are viewed as assets to the company.

In contrast, the secondary segment experiences significant fluctuations in the economic cycle and is characterised by unstable and insecure jobs. Workers are often laid off during economic downturns because these roles do not require advanced knowledge. Consequently, motivating native workers to accept positions within the secondary segment becomes challenging.

Fourthly, immigration can foster the development of ethnic enclaves and networks that have reciprocal effects on subsequent immigration.

Additionally, in the past, jobs in the secondary sectors were predominantly occupied by women, teenagers, and rural-to-urban migrants. However, these groups of workers are now less available due to demographic changes in industrialised societies, such as the emancipation of women and declining birth rates. Alternative labour must meet the demand, with foreign migrants being one potential solution. Nevertheless, Duran-Franch and Regmi (2022) contend that wage growth for low-income workers is essential for a country's overall economic recovery.

3.3.4. World systems theory

Promoted by Wallerstein (1974), world systems theory is among the historical-structural theories that view migration as a response to capitalist encroachment in less developed regions (Bircan et al., 2020). Historical-structural approaches addressing global inequalities emerged in the 1950s. They gained increasing significance during the 1960s and 1970s, countering theories based on the assumption of a market equilibrium tendency, with neoclassical migration theory as a prototype. A notable characteristic of these theories is that the expansion of capitalism across the globe perpetuates and even exacerbates global inequalities.

In the analogy by Bircan et al. (2020), the world economy is divided into core areas represented by leading capitalist powers and peripheral regions that supply raw materials, labour, and emerging consumer markets. Underprivileged countries are disadvantaged, and (geo)political structures require more excellent balance. Companies expand globally, entering less developed nations and searching for land, labour, raw materials, and new markets to maximise profits. Originally established through colonialism, exploitative structures continue today, perpetuated by neo-colonial governments, multinational corporations, and national elites who sell a country's resources at undervalued prices.

Remarkably, capitalism alters structures in the world's less developed regions through various mechanisms. For example, the mechanisation and industrialisation of agriculture from outside

undermine traditional land use and land use rights, forcing small farmers out of local markets (Berger, 2021). Concurrently, foreign companies seize control of the raw material market, creating a demand for paid labour. This new form of employment shifts traditional values. Individualism has supplanted collective thinking, and private gains have become increasingly significant.

Furthermore, when foreign-owned companies enter the local markets of less developed countries, they undermine not only local production and consumption through lower prices (Bircan et al., 2020) but also present a lifestyle that the local population cannot attain, thereby heightening their desire for migration. The influx of capital into less developed countries enhances transportation and communication infrastructure.

However, the ideological connections between countries—often established through former colonial ties—the spread of Western lifestyles, living standards, and consumption patterns via modern media, along with the enhancement of transportation and communication infrastructure, heightens both the desire for and the realisation of migration opportunities to core Western countries. A notable example is the growing demand for foreign labour by the low-skilled sector (Anderson, 2023) in global cities such as New York, London, and Tokyo, which feature a high concentration of wealth and highly skilled workers, necessitating services from low-skilled sectors like hospitality and domestic services.

3.3.5. Mobility transition theory

One idea of mobility transition theory posits that premodern European societies were geographically immobile and that people only began to move in unprecedented ways with modernisation in the nineteenth century. Recently, some researchers have proposed various mechanisms of the theory of mobility transition to explain the reasons for emigration and immigration worldwide (Skeldon, 2019).

Firstly, the demographic transition mechanism indicates that rising incomes may be linked to demographic changes that favour emigration. In the early stages of economic development, rising incomes generally lead to a decline in child mortality (Pritchett & Summers 1996) well before a subsequent decrease in fertility occurs (Lee, 2003). A growing population and youth bulge can

accompany sustained economic growth during this demographic transition. If wages are downwardly rigid, this can result in rising unemployment, thereby increasing emigration pressure, which is exacerbated by the fact that younger workers are significantly more likely to migrate internationally than their older counterparts. This creates upward pressure on emigration even as average incomes at home rise. As the demographic transition concludes, emigration decreases with further economic growth. Easterlin (1961) initially proposed this explanation for simultaneous rises in incomes and emigration, as developed by Tomaske (1971). It is examined as a theory of the mobility transition by Zelinsky (1971), Hatton and Williamson (1994), and Lucas (2005).

Another mechanism of the theory that could aid in understanding the reasons for migration is the credit constraints migrants face. Before migrating, potential migrants must finance costly prerequisites, including overseas searches, insurance, transportation, education, visa fees, passports (McKenzie, 2007), and smuggling (Salt & Stein, 1997). It has been shown that rising incomes can assist potential migrants in covering international mobility costs, yet credit markets in developing countries are often incomplete and highly distorted. While global migration frequently increases workers' incomes by hundreds per cent (Clemens et al., 2008), these benefits are realised well into the future. As the origin country's development progresses, more households may be able to finance these costs simply because growth provides them with disposable income (Vanderkamp, 1971; Faini & Venturini, 1994; Hatton & Williamson, 1994; Ghatak & Levine, 1994). Moreover, previous migrants often help cover migration costs through family and friends (Gould, 1980; Hatton & Williamson, 1994).

Furthermore, development in the country of origin fosters deeper financial markets that can be utilised to finance borrowing for migration. Additionally, credit constraints may induce a shift in mobility through another channel. If migrants leverage overseas employment to fund profitable investments in their home country, development in the country of origin can enhance their returns. For instance, a worker facing credit constraints who aims to capitalise on growth opportunities in their home country by starting a business might migrate to accumulate start-up capital (Lucas, 2005).

The information asymmetry mechanism posits that once a few workers have migrated, they can facilitate further migration, even as incomes in the origin country rise, by providing information to

potential migrants (Greenwood, 1969; Massey, 1988). Previous migrants can offer insights on job searches, earning potential, cost of living, marriage partners, legal formalities, and alternative movement channels. This can lead to an S-shaped diffusion process of cumulative migration stocks, akin to an inverted-U migration flow path that coincides with economic growth. Epstein (2008) develops a formal model illustrating how information asymmetries across borders can generate migrant herding and a mobility transition, even amid growth in the origin country.

Besides, prior migrants can lessen the information burden for potential migrants by providing in-kind insurance against risk—such as offering food and housing during periods of unemployment (Martin & Taylor, 1996). Gould (1980) and Baines (1994) address these mechanisms for the mobility transition less formally.

The fundamental argument of the structural change and worker dislocation mechanism is that economic development can be linked to structural change, which alters the costs and benefits associated with emigration. During the development process, new sectors emerge while old sectors, predominantly agriculture, decline. This can foster geographic mobility as the opportunity cost of leaving declining sectors decreases, thereby changing domestic and international migration's relative costs and benefits. "The onset of modernisation brings a significant dispersal of migrants from the countryside" (Zelinsky, 1971). The development process "displaces many individuals from traditional livelihoods and past ways of life. Most become internal migrants, but some consistently migrate internationally, seeking broader opportunities in more dynamic economies abroad" (Massey, 1988).

In addition, these changes can encourage international labour mobility within the framework of liberalising trade, either by reducing policy barriers or lowering transportation costs. Venables (1999) investigates how this can manifest in established international trade theories. For example, while basic trade theory indicates that liberalising goods trade tends to equalise the price of the most heavily utilised factor between home and abroad, sector-specific factors may not equal the prices of less heavily utilised factors. A simple illustration is that trade liberalisation in agriculture between two countries (specific factor: land) can create an impetus for labour mobility from the agriculture importer to the exporter—if the exporter's initial labour endowment is relatively low.

Faini and Venturini (1994) and Martin and Taylor (1996) discuss various mechanisms within this framework as theories of the mobility transition. For example, if the infrastructure in the migrant-origin country is inadequate, it diminishes their productivity at home. Should trade be liberalised between the migrant-origin and migrant-destination countries, firms in the destination country may out-compete those at the origin by employing migrants who are made more productive due to superior infrastructure. Additionally, country-specific differences in worker productivity could emerge from economies of scale in production or barriers to technology diffusion, such as intellectual property laws. These factors would also generate migration pressure, even as trade stimulates economic growth at the origin.

The inequality mechanism assumes that economic development correlates with changes in income distribution that influence migration demand. Since rising incomes are rarely distributed uniformly, “development tends to be characterised by a widening gap between expectations and achievements, i.e., a growing awareness of inadequacy and a diminishing tolerance for poverty and privilege” (Heilbroner, 1963, p. 31). As average incomes increase, the reference level of satisfactory income for a group may rise more quickly than for some group members.

Thus, increasing average incomes can be associated with a rise in the relatively deprived, who may seek to adopt a different reference frame by moving. Furthermore, even if potential migrants prioritise their absolute rather than relative gains, the Roy model, as detailed by Borjas (1987), can still produce a mobility transition through inequality dynamics: evolving inequality as development advances at the origin can imply that the benefits from migration received by workers at various points in the income distribution may fluctuate over time—raising and lowering migration rates.

Various scholars extensively elaborate on the economic theory underpinning these forces (Stark, 1984; Stark et al., 1986; Stark & Yitzhaki, 1988; Stark et al., 1988; Stark & Taylor, 1991; Stark, 2006). A broad prediction of these models suggests that emigration is positively associated with inequality in the country of origin. There is substantial evidence of patterns in the level of inequality at different stages of development (e.g., Thornton 2001; Frazer, 2006), corroborating Kuznets’ (1955) hypothesis that early stages of growth tend to lead to rising inequality—though the evidence concerning falling inequality at later stages of development is weaker (Piketty, 2014).

The impact of growth trajectories on inequality remains unresolved; however, any such effect could influence the mobility transition. Feedback mechanisms may further amplify or mitigate the impact of inequality on emigration. Migration can either increase or decrease inequality in the country of origin, depending on the income bracket from which migrants come, the extent of return migration, and the earnings of migrants (Massey, 1988). This mechanism is examined as a theory of the mobility transition by Martin and Taylor (1996), with a discussion on the connections between emigration and inequality primarily initiated by Gould (1980).

The mechanism of immigration barriers abroad indicates that, in addition to shifts in the demand for migration, a mobility transition can also be influenced by alterations in the availability of legal migration opportunities (Hatton & Williamson, 2005; Hatton & Williamson, 2010). Significantly, migrant destination countries offer visa categories that are more accessible to high-income workers than to low-income workers. These include 'points'-based settler visas, skilled employment-based work visas, temporary business visas, student visas, and investor visas. Non-visa policies likewise form de facto migration barriers (Czaika & de Haas, 2013). These can similarly impose constraints on migration from poorer countries, which may diminish as these countries develop. For example, many of the poorest African nations lack internationally accredited nursing and medical schools, making it challenging for health professionals from these regions to secure licenses to work abroad, even if they can obtain a visa on other grounds. To the extent that international accreditation of training facilities tends to grow with economic development, this could also contribute to a mobility transition.

3.4. Meso-level theories

The meso-level migration theories explore the networks and systems that facilitate migration, offering insights into how these structures influence migrants' decisions to achieve their migration goals (Table 1) (Comme, 2021). These theories address the shortcomings of macro-level approaches by clarifying the interaction between meso-level factors and broader macro-level forces. They underscore the significance of intermediary networks and systems in shaping migration patterns and decisions. As defined in meso-level theories, migration systems consist of individuals' exchanges between countries of origin and destination through various channels, including commercial, educational, and cultural relationships. For migrants, these meso-level factors are

essential in determining their migration decisions and destination choices, complementing and interacting with macro-level factors such as economic conditions or political instability.

Migration networks play a crucial role in shaping migratory flows by providing essential resources such as information, contacts, and economic and social support. These networks encompass a range of actors, including family members, friends, social and religious groups, people smugglers, institutions, and technology, both within the country of origin and in the host country (Faist, 2000; Lundquist & Massey, 2005). By offering such support, these networks can lower the risks and costs associated with migration, making the process more feasible for prospective and current migrants. At the meso level, collective migration decision-making within households is vital. Families may strategically choose a member to migrate to diversify income sources for the entire household should the migrant succeed in the host country (Commey, 2021). This collective approach highlights the importance of migration networks in facilitating migration by leveraging familial and social connections to enhance economic opportunities and mitigate risks.

3.4.1. Social capital theory

Loury (1977) introduced the concept of social capital to describe the intangible resources within families and communities that foster the social development of young people. Bourdieu (1986) subsequently emphasised its broader significance to human society. Social capital includes the total of actual or virtual resources that accumulate for an individual or group by possessing a durable network of more or less institutionalised relationships based on mutual acquaintance and recognition (Bourdieu & Wacquant, 1992).

The defining characteristic of social capital is its convertibility, enabling it to transform into other forms of capital, mainly financial (Harker et al., 1990). Individuals access social capital through their membership in interpersonal networks and institutions, which they then convert into other forms to enhance or maintain their social standing (Bourdieu, 1986; Coleman, 1988). While social capital can yield negative and positive outcomes, it is essential to emphasise its positive role in acquiring and accumulating various forms of capital (Portes & Sensenbrenner, 1993).

The fundamental hypothesis of social capital theory is that connections within social networks create conditions conducive to the migration of others (decreasing costs, augmenting potential streams of future income, reducing risks, and transmitting information). Consequently, individuals related to migrants are more likely to migrate themselves, all else being equal. Subsequently, we often refer to the observable correlation of migration risks among social group members as the apparent network effect, as this correlation can also be observed without any social capital embedded in relationships within a network.

Its primary prediction is that individuals socially connected to current or former migrants have access to social capital, significantly enhancing their migration likelihood. This hypothesis has been previously introduced. Indeed, it carries a respectable historical tradition and continues to be cited to explain the magnitude of migration flows and the concentration of certain types of migrants in specific locations. The logical and historical foundations of the hypothesis and a summary of several newer formulations and applications worldwide are thoroughly discussed elsewhere (Massey et al., 1998).

Although the hypothesis has been supported in numerous studies across various social and geographic settings, no test has confirmed its validity compared to other theories that predict similar outcomes. The results of research that sought to systematically evaluate the credibility of social capital theory, using a less common model and statistical method, suggest that diffuse social capital, shared among community and household members, significantly affects the likelihood of out-migration. This affirms social capital theory and raises questions about competing explanations (Palloni et al., 2001).

Migrant networks are sets of interpersonal ties that connect migrants, former migrants, and non-migrants through relations of kinship, friendship, and shared community of origin. These network connections increase the likelihood of international migration by reducing the costs and risks associated with movement while enhancing the expected net returns. Individuals connected to a migrant have access to social capital to leverage to attain a vital form of financial capital: high foreign wages, which allow accumulating savings abroad and sending remittances. As early as the 1920s, sociologists recognised the significance of networks in facilitating international movements (Thomas & Zhaniecki, 1920; Gamio, 1930).

3.4.2. Institutional theory

Institutional theory, as presented in the works of Massey et al. (1993), seeks to explain why organisational structures and practices become entrenched and how and why change occurs (de Jonge, 2015). It focuses less on behavioural theories of organisations and more on environmental influences, such as the diffusion of new institutionalised practices among firms. Moreover, it examines the roles of social, political, and economic systems in which companies operate and gain legitimacy, suggesting that these factors could impact the decision-making process by indicating what may be deemed acceptable and by shaping the individual socialisation of norms and behaviours within a given society (Debroux, 2010).

Similarly, three foundational versions of 'Institutionalism' are derived from distinct disciplinary approaches. Sociological institutionalism primarily focuses on understanding how institutions shape and reflect societal culture and norms. Rational choice institutionalists adopt the assumptions and methods of economics, applying deductive logic to studying politics and history. These scholars perceive institutions as both incentives and constraints within individual utility-maximising behaviour. Historical institutionalists typically view institutions as intervening (or structuring) variables through which conflicts over interests, ideas, and power are contested. For these scholars, institutions provide incentives and constraints on individual choices and play a crucial role in shaping the preferences of those actors (Steinmo, 2001).

With the rise of international migration, numerous institutions and organisations have been established to capitalise on the imbalance between employers in labour-receiving countries and potential migrants from labour-sending countries. A significant mismatch exists between the many individuals seeking employment opportunities in industrialised nations and the limited immigrant visas available in these countries (Massey et al., 1993).

As a result, numerous profit-seeking and not-for-profit organisations have emerged to tackle the challenges encountered by migrants and employers. It has been suggested that the decisions made by the institutions responsible for labour and foreign affairs can influence migration and, consequently, the availability of expatriates in the labour market of host nations. While profit-seeking organisations often engage in illicit activities, many not-for-profit organisations offer support to

affected migrants through counselling, social services, legal advice, and education on immigration laws, among other services. In today's context, Institutional Theory is crucial for developing a more favourable and comprehensive policy framework for both labour-sending and receiving countries (Wickramasinghe & Wimalaratana, 2016).

3.4.3. Network Theory

Taylor's social network theory (1986) represents a modern approach to theorising migration. Network theory posits that migration as a social outcome is rooted in the complex interplay of decisions made by individual actors, family and friends, migrant organisations, and other economic and political factors (Czaika & Reinprecht, 2022). Social networks now shape whether and how migration occurs and where migrants predominantly relocate (Haug, 2008). Ritchey (1976) argues that individuals with access to relevant social capital incentivise migration by offering information, financial assistance, and practical support.

However, Heitmueller (2006) notes that network effects can operate in both directions; information shared through networks is not solely positive and can also deter migration. Increasing the number of migrants in a particular location fosters a positive community and family effect, drawing in further migrants to this destination. Concurrently, local labour markets may become saturated, potentially decreasing wages. Consequently, there may come a point where migrants in destination countries either withhold information or convey negative messages to discourage additional migration (Heitmueller, 2006).

Network theory offers a valuable perspective for understanding the continuation of migration (Massey et al., 1993) and destination choice once migrant networks are established. However, it does not elucidate migration in the absence of these networks or how they may dissolve (de Haas, 2010). Epstein (2008) differentiates between network and herd effects. Herd behaviour involves ignoring private information in favour of following the actions of others. This behaviour is considered rational because others make decisions based on superior information (Epstein, 2002). Consequently, herd behaviour leads migrants to align with the flow rather than the stock (that is, established network) of prior migrants. While herd effects cannot account for new, pioneering

migration, they can elucidate the clustering of migrants in destinations, mainly when network effects are likely to be minimal.

As emigration may persist over time, a “culture of migration” might develop that alters a society’s values and perceptions regarding migration (Massey et al., 1993). The culture of migration manifests at the individual level; those who have migrated in the past are more likely to migrate in the future. It also appears at the community level when migration becomes a normative behaviour—a “rite of passage”—within the community (Kandel & Massey, 2002, p. 981). When information about migration options spreads widely within the community, it can encourage further migration. In a culture of migration, this information can also reach individuals without direct access to migrant networks. Unlike network theory, the culture of migration can elucidate why individuals may migrate even without networks (Ali, 2007).

While the theories discussed thus far have primarily focused on individuals or households as the decision-making unit, more structural theories conceptualise migration as an intrinsic part of historical processes and societal developments. Zelinsky (1971, pp. 219–249) argues that demographic transitions and modernisation processes explain the growth and changing patterns of human mobility in Europe over the last 200 years. Based on neo-Marxist interpretations of capitalism, historical-structural models emphasise the importance of structures and forces operating at the macro-structural level.

Migration is driven by the global demand and supply of cheap and flexible workers in segmented labour markets, essential for sustaining continued economic growth and development in capitalist labour-recruiting countries (Piore, 1979; Sassen, 1991). Similarly, world systems theory posits that capitalist systems undermine traditional financial structures and livelihoods, shaping domestic and international migration patterns (Wallerstein, 1974). The world capitalist system, masked by colonialism, instigated an ‘age of migration’ during the nineteenth and early twentieth centuries.

Currently, in the postcolonial era, world systems theory posits that postcolonial systems resemble those of colonialism due to neoliberalism and corporate capitalism, which include transnational links (such as international trade and foreign investment) between former colonial powers and colonies, as well as shared history, culture, language, administrative connections, and migration

governance (Fawcett, 1989). Historical-structural models have primarily faced criticism for denying migrants' agency and portraying them as passive participants influenced by the overarching forces of great powers and global processes governed by the logic of capital accumulation (Arango, 2004, p. 27). Moreover, migration flows do not always align with capital flows, as evidenced by the rise in South-South migration. Social migrant networks are crucial to ongoing migration (Bueno & Prieto-Rosas, 2021).

Migrant networks are vital interpersonal connections that link migrants or returned migrants with relatives, friends, or peers at home, facilitating information sharing, providing financial assistance, aiding in employment and accommodation, and offering various forms of support (Arango, 2000). These networks are social capital facilitating migration (Coleman, 1990). Regardless of whether they are personal or diaspora networks, they reduce the costs and risks associated with migration, thereby increasing the likelihood of further movement (de Haas, 2014). Such networks supply knowledge about the migration destination and bolster labour market participation and social integration.

When migrating internationally, networks are often essential prerequisites for realising migration plans. They can provide insider knowledge on local life, employment opportunities, and the current legal situation in the destination. Networks are vital as they connect individuals to those who can assist with transportation before, during, or after crossing a border. In addition, networks serve as valuable resources in the host country. Network members can offer a place to stay for the initial days after arrival or even longer; they can provide information about the labour market and the right to reside and help find employment (Crisp, 1999). This reduces costs incurred from daily expenses for accommodation and sustenance while waiting for employment.

Furthermore, networks reduce monetary costs and decrease psychosocial costs (Parnreiter, 2000). Networks, particularly those formed by fellow citizens, provide a sense of home in a foreign country. Migration is presumed to halt once the exploitation of the network reaches saturation. While researchers emphasise the benefits of migrant networks, they can also create socio-economic divisions in countries of origin, separating groups with access to international migration networks from those without. The social capital linked to a network, the advantages of successful migration, and the remittances sent back often remain confined to specific lineages. Simultaneously, other

families or individuals of different religious or ethnic backgrounds may be excluded (Toma, 2012). Conversely, studies have also found that when support through networks is requested excessively, migrants tend to limit network assistance and are reluctant to help potential future migrants (Böcker, 1994; Collyer, 2005).

3.4.4. Cumulative causation theory

The cumulative causation of Myrdal (1957), modified further by Massey (1990), principally emphasises the perpetuation of migration. Post conception of the idea of migrating, migration tends to change the economic and social composition of the emigration country and its values and moral concepts once it is initiated. The more people have migrated from a specific place, the more robust the effects are, seen primarily in changes to the income distribution of countries of origin. Once migration has started, the cumulative causation theory assumes migration will 'sustain itself in ways that make additional movement progressively more likely' (Massey et al., 1999). Besides perpetuation, it also attempts to explain the increase in international migration under contemporary conditions.

The concept of cumulative causation encompasses six feedback mechanisms that create migration's accumulative nature (Massey et al., 1993). In its initial phase, migration generates income inequalities in sending communities, leaving non-migrant families relatively deprived and fostering further migration aspirations.

Secondly, migrants possess more significant financial resources, frequently investing in land within their country of origin. This diminishes the space available for rural production and the need for agricultural workers, intensifying the pressure to migrate.

Thirdly, more significant financial resources allow migrant families to utilise modern machinery in agriculture, thereby increasing the output per labour unit. This, in turn, indirectly heightens the migration pressure on non-migrant families.

Fourthly, a 'culture of migration' develops within countries of origin. Fifth, the international distribution of human capital shifts to favour the destination countries. Since relatively well-

educated individuals migrate expecting higher returns abroad, countries of origin lose human capital while the economies of destination countries grow even more rapidly. The effects intensify with improved education in rural areas of the countries of origin as the future returns for potential migrants increase.

Lastly, the labour market in destination countries generates jobs, primarily low-skilled positions that are stigmatised as 'immigrant jobs' (Massey et al., 1993). As natives are increasingly unwilling to fill these roles, the demand for foreign labour will persist and consistently boost migration.

Establishing a culture of migration provides valuable insights into the societal changes induced by migration. Conceptualising the migration culture, Massey et al. (1998) identified the following components: first, the material component. Migrants showcase a lifestyle that is greatly admired and sought after for emulation. Consequently, they drive the demand for goods and nurture materialistic attitudes within the sending communities, promoting consumerism. The second and arguably more decisive component is normative. Migration is grounded in societal values and expectations, particularly for work in a foreign country. For young people of working age, employment abroad may become the primary strategy in their lives.

Furthermore, as migration becomes more prevalent, young people are increasingly expected to migrate. For them, migration serves to showcase their worthiness, masculinity and ambition. Additionally, gender relations may shift due to migration. Individuals who emigrate to countries that uphold gender equity might carry this perspective back to their home nations, encouraging others to advocate for it. In conclusion, Massey et al. (1998) highlight a fundamental transformation within the sending society, including its values, expectations, and aspirations, resulting from the expanded outlook fostered by the impact of migration.

3.4.5. New Economics of Labour Migration

In contrast to neo-classical theory, Stark and Taylor's new economics of labour migration (1984) focuses on migration from the micro-individual level to meso units, such as families, households, or other culturally defined groups. Overall, it demonstrates that the decision to migrate is not merely an individual choice but a collective decision made by households or families, aimed not only at increasing income (Stark, 1991). Essentially, this approach no longer necessitates individuals to decide independently. Instead, the community or household group selects one or more family members to migrate, enhancing the well-being of the entire group. In this way, an implicit contract is established: the family mobilises its resources to enable one member to migrate, while the migrant, in turn, sends remittances back home (Wickramasinghe & Wimalaratana, 2016).

The new economics of labour migration explicitly integrates remittances into its theoretical framework and does not regard the maximisation of joint income as a decisive factor for migration. Instead, it focuses on minimising risks and compensating for constraints related to market failures. To mitigate the risks of unemployment, income loss, or crop failures—and to overcome market failures not only in the labour market but also in the credit and insurance markets—families are driven to continually diversify their income portfolio for the duration of migration (Stark, 1984; Taylor, 1999).

Remarkably, remedial financial institutions such as credit and insurance markets are either imperfect or absent in countries with high emigration. This suggests that savings or credit may not be the only suitable means to protect households against income risks or to self-finance production (Taylor, 1999; King, 2012). Instead, through the strategic allocation of investment and labour, migration is viewed as a valuable option for diversifying income sources and sustaining the family's economic profile.

The New Economics of Labour Migration (NELM) theory argues that income is perceived in relative rather than absolute terms, particularly in low-income countries. Households strive to enhance their income compared to local households instead of comparing sending and receiving societies. This theory suggests that families work to diminish relative deprivation compared to their local reference groups (Stark, 1991). Remittances are significant in this context as they boost the income and

investment potential of migrant families. The visible wealth associated with migration, such as new houses, vehicles, and consumer durables, underscores the disparity between migrant and non-migrant families.

Consequently, non-migrant families facing poorer living conditions are driven to pursue migration to enhance their relative standing (Stark & Taylor, 1989). This dynamic promotes emigration, illustrating how NELM theory links economic behaviour to migration patterns. Despite extensive past and ongoing research, a single coherent theory of international migration remains necessary, as what exists is merely a fragmented collection of theories that have evolved mainly in isolation (Massey et al., 1993).

CHAPTER 4

METHODOLOGY

4.1. Introduction

The present study was conducted to identify the participants' reasons for emigration and determine whether there are differences in fulfilling the basic needs of natives compared to those of African migrants. It also highlighted the significant challenges, insecurity, and threats that may increase the vulnerability of African migrants in their host country. The study analysed the connection between these challenges and opportunities for integration and decisions regarding return migration. Finally, it elaborated on the interviewees' expectations concerning resolving issues related to migrants' well-being.

In the research on transnational migration and the (in)security challenges faced by African migrants in Portugal, qualitative analysis involving semi-structured interviews and thematic analysis was employed. These methods provide opportunities for in-depth exploration of complex issues, rich qualitative data, flexibility and adaptability, and enhanced validity and credibility of the findings (Lester et al., 2020).

The study employed this approach because it facilitates a nuanced understanding of participants' experiences and perspectives and robust data analysis regarding transnational migration and related security challenges (Ruslin et al., 2022). This method allows for flexibility in questioning, enabling the researcher to explore issues such as cultural adaptation, discrimination, and economic hardships in depth. By promoting open-ended responses, semi-structured interviews capture the complexity and diversity of individual experiences, which is essential for grasping the multifaceted nature of migration-related challenges.

Thematic analysis (Braun & Clarke, 2006) was conducted to analyse the data obtained through semi-structured interviews, as it facilitates the identification of recurring patterns and themes crucial for understanding the broader implications of migration and security. This approach enables

researchers to systematically categorise and interpret qualitative data, uncovering underlying trends and themes that may not be evident through quantitative methods alone (Nowell et al., 2017; Lochmiller, 2021). The thematic analysis thus offers a comprehensive view of the lived experiences of African migrants, emphasising key issues such as vulnerabilities and coping strategies.

Furthermore, the semi-structured interview format provides a flexible framework that can be adapted to the changing needs of the research (Knott et al., 2022). This adaptability is especially valuable in examining complex and context-specific issues related to migration and security. Researchers can modify their questions based on participants' responses, enabling the discovery of new insights and the refinement of the research focus as necessary. This dynamic interaction between interviewer and participant enriches the data collection process and enhances the relevance of the findings.

Overall, employing semi-structured interviews alongside thematic analysis enhances the validity and credibility of research findings (Byrne, 2022). By engaging directly with participants and analysing their responses through a systematic thematic framework, researchers can ensure that the data accurately reflects their experiences and perceptions (Adegboyega et al., 2023). This methodological approach facilitates the triangulation of findings, allowing insights from diverse participants to be compared and contrasted, thereby strengthening the reliability of the conclusions drawn from the study.

The methodology employed for the interview regarding transnational migration and (in)security encompassed several steps. Initially, a literature review was carried out to examine the existing research on the subject, followed by interviews to determine key themes and topics for discussion. The overall aim of the methodology was to capture the perspectives and experiences of African migrants and contribute to the existing literature on transnational migration and (in)security (Jamshed, 2014; IOM, 2019).

In our study, we chose the semi-structured interview method, which employs a mix of closed and open-ended questions, often accompanied by follow-up questions such as why or how, for data collection and thematic analysis of the generated data (Adams, 2015; Magaldi & Berler, 2020). As

mentioned earlier, this approach provides an excellent means to build trust since it has qualities of naturalness and is relatively unobtrusive. It allows time to develop rapport (Corbin & Strauss, 2014), enabling the interviews to remain focused while still granting the researcher the freedom to explore relevant ideas that may arise during the discussion, which can further enhance the understanding of the topic at hand (Adeoye-Olatunde & Olenik, 2021). The qualitative approach begins with assumptions, a worldview, the potential use of a theoretical lens, and the exploration of research problems that investigate the meanings individuals or groups assign to a social or human issue (Creswell, 2007).

The approach is also field-focused, viewing the researcher as a crucial instrument for data collection. It emphasises participants' perspectives, meanings, and subjective views (Hatch, 2002) and utilises an inductive, recursive, and interactive method for data analysis (Marshall & Rossman, 2006). Therefore, the qualitative approach was deemed ideal for this study.

4.2. Sample and correspondence with interviewees

The study utilised a purposive sampling strategy, focusing on African immigrants in Portugal using the following criteria:

African origins and migration routes: Participants were selected according to their origins and direct migration from an African country to Portugal.

Legal status and voluntary migration: Eligible participants were required to possess legal residency status in Portugal and to have migrated voluntarily rather than under duress.

Economic Contribution: Participants were also selected based on their active economic contributions to the host country, whether through employment, education, business activities, or retirement.

Demographic diversity: To ensure a representative sample, the selection encompassed various adult age groups, marital statuses (single or married), and genders.

Regional representation: The sample was diversified to ensure representation beyond Portuguese-speaking African regions, incorporating a range of social and cultural experiences.

Duration of residence: Participants were required to have resided in Portugal for a substantial period, enabling them to accumulate pertinent migration and integration experiences.

These criteria were considered for the study as they provided a comprehensive and representative sample of African migrants in Portugal, reflecting the diversity of experiences and contributions within this community.

Informal meetings were requested from the interviewees via email, LinkedIn message, or phone call to explain the purpose of the study, obtain consent to participate, and schedule a convenient time and location for the interview. Initially, requests were sent to individuals in the researcher's contact list, predominantly those I came in contact with while I served as the chaplain for African Catholics in the Patriarchate of Lisbon. Subsequently, invitations were extended to other willing individuals from schools and various walks of life in Portugal.

The requests clearly outlined the academic purpose of the interview, assured confidentiality and anonymity, protected all available information, and stipulated the non-disclosure of data without consent. Once accepted, interviews were scheduled primarily according to the interviewees' availability. Sometimes, it was necessary to travel several hundred kilometres to conduct a single interview.

Before conducting the interviews, essential ethical considerations, including anonymity, confidentiality, informed consent, the researchers' potential impact on the participants, and their judgment and analysis of the information, were taken into account for all participants (Sanjari et al., 2014; Manti & Licari, 2018). For the feasibility of the study, as outlined by the Ethics Committee for Research in Social Sciences and Humanities (CEICSH), data protection and interviewees' rights were ensured throughout the process (CEICSH, 2018).

4.3. Conducting the Interview

After obtaining free and informed consent from participants, the interviews were conducted using a semi-structured approach with open-ended questions to gather information about the insecurities, challenges, threats, and vulnerabilities of African migrants living in Portugal. To optimise interview time, the guides were routinely referenced (DiCicco-Bloom & Crabtree, 2006). This enabled a more systematic and comprehensive exploration of respondents, ensuring that the interview focused on the intended objectives.

Each interview session was audio-recorded using mobile devices and lasted an average of 45 minutes to one hour (Adams, 2015; Adeoye-Olatunde & Olenik, 2021). The recording of the interviews assists the researcher in focusing on the content and facilitates transcription to examine the points in full detail (Jamshed, 2014). The timing of the interviews was arranged according to the availability of the interviewees and the flow of the conversation.

When face-to-face interviews cannot be conducted, a virtual meeting platform (such as Zoom) maintains confidentiality and privacy (Tomás & Bidet, 2023). In these circumstances, verbal consent is obtained before the interview begins to record the participant's consent via audio. If the interviewee prefers, they may also sign a written informed consent form before the interview, either via email or at that time. Ensuring smooth interviews requires a charged battery, a stable network connection, Wi-Fi, and minimal noise.

Thirty participants aged 20 to 65 were interviewed. The interviewees were recruited through purposive sampling. The semi-structured interviews were guided by a framework that offered a flexible structure for exploring the topics of interest. The study guide informed participants that they could withdraw at any time.

More specifically, the principal questions are: "What challenges did you face in your country before deciding to leave? What were your reasons for leaving your country? Were you aware of potential migration risks before departing from your country of origin, such as robbery, detention, or serious transportation issues? Did you implement any measures to mitigate these significant risks during your journeys? How do your means of livelihood or living conditions compare with those of the

citizens of your host country? Did you encounter any challenges in retaining your cultural identity while trying to embrace or identify with the culture of your host country? How do you manage security challenges and find opportunities to make a living amid high food prices, accommodation costs, etc.? Is there anything you believe can be done to ensure the safety of migrant residents here in Portugal?"

"How can governments address the millions of people displaced by climate change? How do you believe governments can tackle the challenges posed by unauthorised migrants at borders, those attempting to enter, or those currently residing in their countries?" guided the interviews. These questions aimed to elicit clear responses from the interviewees. The interviewer encouraged participants to elaborate on relevant and engaging responses when necessary. Typically, saturation is achieved after 12–24 interviews (Guest et al., 2006; Hennink et al., 2017). Consequently, data collection ceased after 30 interviews.

Shortly after all sessions had concluded, the recorded interviews were anonymised and transcribed verbatim into analysable text by the researcher, then saved on a computer that stored all data by data protection laws. This allowed the researcher to access the working data from the semi-structured interviews (Azevedo et al., 2017). When the conversation occurred in other languages, the transcripts were translated into English for more straightforward analysis (McGrath et al., 2019).

4.4. Data analysis

We analysed the transcripts in ATLAS.ti 8 for Windows to identify the themes and patterns that frequently emerged from the respondents who shared their views (Polese et al., 2021; Lindgren et al., 2020). The approach is flexible as it can be applied at individual, group, and institutional levels to investigate societal issues such as migration (Adams, 2015; Demuth & Mey, 2015).

The thematic analysis approach was selected based on the research aims, the data's nature, and the study's theoretical assumptions underpinning. Thematic analysis is one of the most prevalent and adaptable methods for examining qualitative data collected in exploratory, data-rich, interpretive, and cross-cultural research areas. It was recommended as the primary qualitative

method for data research because it provides essential skills for conducting various other types of analysis.

Again, it aligns with the interviewee's direction, allowing them to meander onto tangents to explore emerging themes, thus providing insights into communication trends (Braun & Clarke, 2006, p. 78; Clarke & Braun, 2013). It is also unobtrusive, which enhances its validity and raises fewer ethical concerns than other analytical methods (Williamson et al., 2018; Baxter, 2020).

Conducting a thematic analysis involves six phases and typically begins with the researcher familiarising themselves with their data, generating initial codes, searching for emerging themes, reviewing the themes, defining and naming them, and producing the report (Braun & Clarke, 2006). The initial phase is among the most significant in interpretative qualitative studies, requiring active, repeated reading to become acquainted with all aspects of the entire data set before coding, facilitating an overall understanding and the formation of preliminary patterns. In the second step, the data is organised into significant groups.

The initial codes are assigned to the data based on the type of analysis, whether inductive or theoretical or according to the specific question in the researcher's mind. In the next step, similar codes are meaningfully grouped to create themes and subthemes, considering how different codes can be combined to form an overarching theme. To review the themes, a reference to the extracted codes of each theme is made to determine whether these codes form a consistent pattern. Additionally, the validity of the themes is assessed concerning the entire data set, offering insights into what distinguishes the themes, how they correspond, and the overall narrative they convey about the data.

The data is defined and refined to align with the theme, indicating its focus and the aspects of the data it encompasses. It also highlights the essential elements of the data and their significance. In this process, the scope and contents of each theme are summarised in approximately two sentences. After refinement, themes are assigned clear, accurate names that convey their essence to the reader. In the final phase, having established a robust set of themes, the final analysis is conducted through thorough writing and reporting, ensuring the story of the themes is conveyed accurately, consistently, and logically, without repetition, while maintaining engagement. This ensures that the essence remains easily identifiable (Naeem et al., 2023).

There are different ways to approach thematic analysis: inductive (in which the recognised themes are strongly derived from the data and may have little relationship with the questions posed to the participants), theoretical (which is based on the theory or analysis preferred by the researcher and is explicitly extracted by the researcher in the form of that specific theory, presenting a description of the data with less richness and where the details are based on the initial theory (Alhojailan, 2012; Boyatzis, 1998; Javadi & Zarea, 2016)).

However, this variety also leads to confusion regarding the nature of thematic analysis, including how it differs from qualitative content analysis and most other qualitative analytic approaches, such as grounded theory, discourse analysis, narrative analysis, constructivist methodologies, positivist methodologies, and interpretative phenomenological analysis. These can be described as methodologies or theoretically informed frameworks for research (Vaismoradi et al., 2013).

There are criticisms of thematic analysis regarding its time-consuming nature when handling large volumes of data, significant reliance on the researcher's interpretations, and the potential for biases, preconceptions, and perspectives to influence outcomes. This can impact the reliability and validity of the findings, necessitating that researchers recognise and address any potential biases in their analysis. There is often a lack of transparency in thematic analysis, as researchers may not provide clear and detailed explanations of how themes are identified; this can lead to oversimplifying the data and result in the loss of essential nuances and complexities. Despite these concerns, this method is more straightforward than other qualitative research methods. The high flexibility, simplicity, and tangibility of the analysis phase have rendered it appealing to less experienced qualitative researchers, dispelling any hopelessness they may have felt towards this approach.

The researcher read the transcripts and coded the data before developing the analytical framework and reaching a consensus on the emerging themes. Once the data were processed, the results were compiled and presented, and the key discovery issues were discussed. This encompassed data on respondents' profiles, analysed texts with recommendations for individuals, civil societies, and states regarding improved strategies for addressing migration-related issues on a global scale, and suggestions for further research.

CHAPTER 5

RESULTS

5.1. Interviewees' profile

The following section presents the results of the analysis of the interview data. Table 2 displays the profiles of the individuals who participated in the interviews. The data reveals that thirty African migrants ($n = 21$ male, $n = 9$ female), aged between 20 and 65 years ($M = 37.26$), took part in the interviews. Notably, more ($n = 24$) were married, and twenty-seven had completed at least a Bachelor's degree from a higher educational institution. Among them, thirteen were students and academic researchers, seven were professionals, six were white-collar workers, one held a managerial position, two were blue-collar workers, and one was unemployed (Table 2). Furthermore, it indicates that the interviews were conducted in the interviewees' language of choice, Portuguese and English, enabling them to express themselves more comfortably.

Table 2. Interviewees' profile

Code id	Sex	Age	Origin	Occupation	Discipline	Destination	Language of interview
Wilson	M	20	Nigeria	Student	Engineering	Lisbon	English
George	M	31	Nigeria	Student	Nursing	Lisbon	English
Paulo	M	45	São Tomé e Príncipe	Administrator	Management	Lisbon	Portuguese
Juliana	F	29	Angola	Student	Sociology	Lisbon	Portuguese
John	M	40	Nigeria	Pharmacist	Pharmacy	Lisbon	English
Uzoamaka	F	37	Nigeria	Secretary	Management	Coimbra	English
Stanley	M	45	Nigeria	Professor/Clergy	Theology	Braga	English
Leonardo	M	47	Guinea Bissau	Chef	Business	Lisbon	English
Daniela	F	39	Angola	Student	Intl. Relations	Lisbon	Portuguese
Cidália	F	31	São Tomé e Príncipe	Worker	Employee	Évora	Portuguese
Bisola	F	40	Nigeria	Researcher	Medical Sciences	Porto	English
Alberto	M	30	Angola	Professor	Literatura Pt	Braga	Portuguese
Tadeu	M	35	Angola	Public service	Economics	Braga	Portuguese
Xavier	M	47	Cape Verde	Security agent	Security	Lisbon	Portuguese
António	M	41	Cape Verde	Public service	Employee	Lisbon	Portuguese
Gabriela	F	31	São Tomé e Príncipe	Student	Law	Braga	Portuguese
Omid	M	35	Morocco	Public service	Nursing	Braga	English
Henry	M	42	Nigeria	Athlete	Business	Lisbon	English
Amir	M	39	Tunisia	Researcher	Engineering	Braga	English
Ana	F	28	Angola	Public service	Economics	Braga	Portuguese
William	M	41	Ghana	Professor	Marketing	Braga	English
Rafael	M	36	São Tomé e Príncipe	Public service	Employee	Lisbon	Portuguese
João	M	44	Angola	Student	Literatura Pt	Coimbra	Portuguese
Avelino	M	32	Angola	Student	Medicine	Braga	Portuguese
Rosa	F	65	Cape Verde	House wife	House wife	Porto	Portuguese
Edmundo	M	37	Angola	Student	Literatura Pt	Braga	Portuguese
Luís	M	40	Angola	Student	Language Sc	Braga	Portuguese
Vitor	M	32	Angola	Student	Music	Braga	Portuguese
Ottyeno	M	30	Mozambique	Student	Engineering	Braga	Portuguese
Amélia	F	29	São Tomé e Príncipe	Public service	Domestic worker	Lisbon	Portuguese

Figure 4 illustrates the interviewee profiles graphically. The figure details the geographical locations of the countries of origin and indicates the destinations of African migrants in Portugal.

It was also indicated that all those who participated in the interviews came from various African countries, such as Angola, Nigeria, São Tomé and Príncipe, Cape Verde, Ghana, Morocco, Tunisia, Mozambique, and Guinea-Bissau, and resided in large cities or near metropolitan areas in Portugal (Table 2; Figure 4). The data suggest that these migrants inhabit different regions, including Lisbon, Porto, Coimbra, Braga, and Évora, which are generally considered major Portuguese cities.

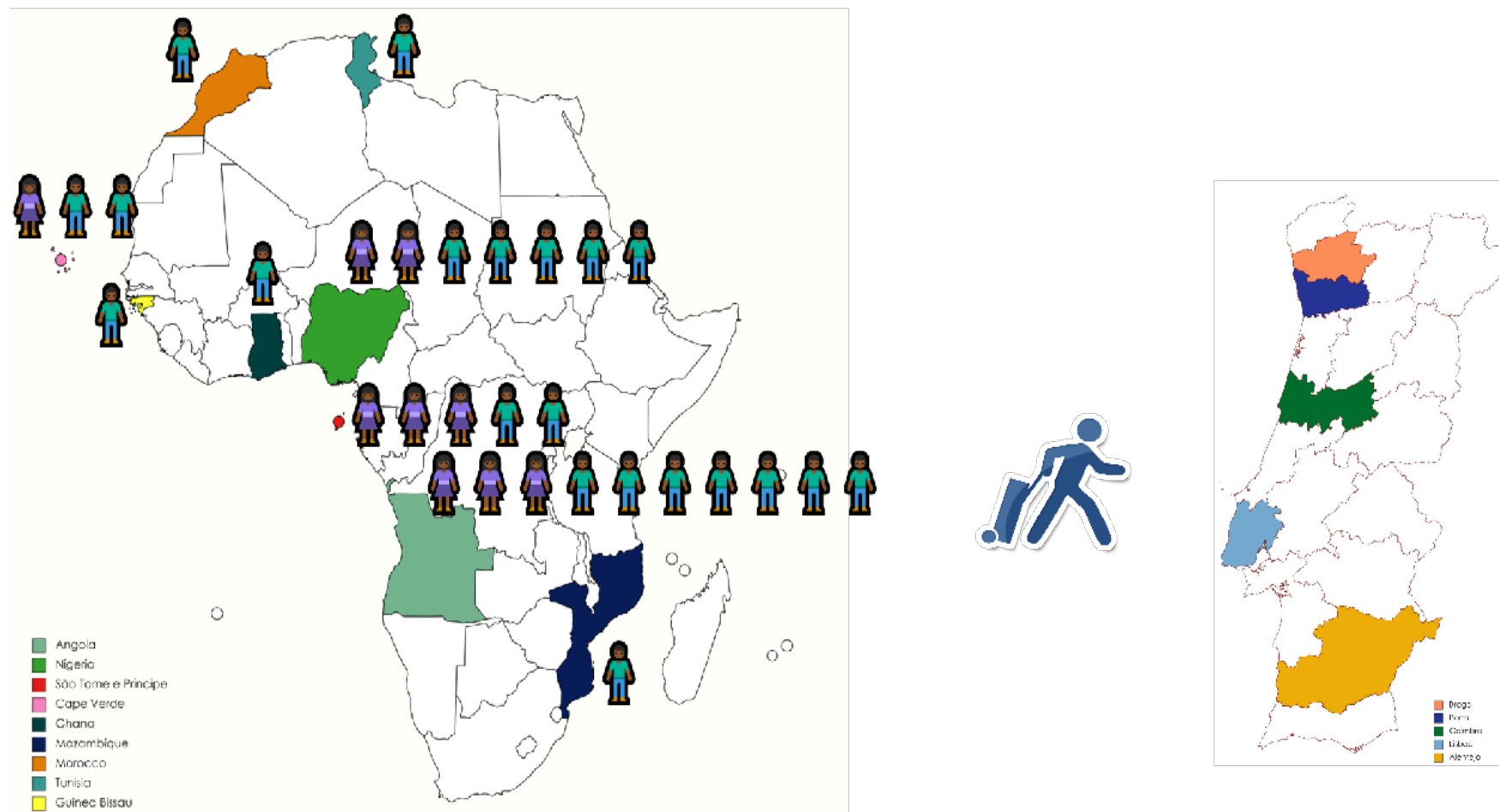


Figure 4. Graphic profiles of interviewees. The data illustrates the geographical locations of the countries of origin and destination for African migrants in Portugal who participated in the study.

5.2. Migration features of interviewees

Table 3 presents data collected from the preliminary investigation regarding the mobility characteristics of the interviewees. It highlights the reasons for movement, details of departure and arrival, whether the migrant is leaving their home country for the first time, whether Portugal was their initial choice, and the prospects for either return migration or relocation to another destination outside their home country.

Table 3. Mobility Characteristics of Interviewees

Code id	Motives for mobility	1st Departure from home	Arrival in Portugal	1st Time migrant	Portugal was 1 st choice destination	Prospects	
						Another destination n	Return migration n
Wilson	Education	2017	2017	-	+	+	+
George	War	2019	2022	-	- Ukraine	+	+
Paulo	Education/Marriage	1979	1985	+	- Other country	-	+
Juliana	Family reunification	1999	2000	+	+	+	-
John	Post-graduate studies	2015	2015	+	+	-	+
Uzoamaka	Job/Marriage	2007	2007	+	+	+	-
Stanley	Tourism	2023	2023	-	+	+	+
Leonardo	Job	2009	2018	-	-USA	-	+
Daniela	Post-graduate studies	2009	2009	+	+	+	+
Cidália	Education	2009	2009	+	+	-	+
Bisola	Post-graduate studies	2013	2013	+	-Canada	+	-/+
Alberto	Post-graduate studies	2022	2022	+	+	-	+
Tadeu	Post-graduate studies	2018	2018	-	+	-	+
Xavier	Job	1971	1975	+	- Angola	-	+
António	Job	2004	2004	+	+	-	-
Gabriela	Post-graduate studies	2022	2022	-	+	-	+
Omid	Marriage	2019	2019	+	+	-	+
Henry	Job/business	1994	1994	+	- Algeria	+	+
Amir	Education/job	2016	2016	-	+	-	-/+
Ana	Education/Marriage	2009	2009	+	+	-	-
William	Post-graduate studies	2019	2019	-	+	-	+
Rafael	Job	2013	2013	+	+	-	+
João	Education/job	2016	2016	+	+	-	+
Avelino	Post-graduate studies	2022	2022	+	+	+	+
Rosa	Marriage	1980	1980	+	+	-	-
Edmundo	Post-graduate studies	2021	2023	-	+	-	+
Luís	Post-graduate studies	2017	2017	+	+	-	+
Vitor	Post-graduate studies	2020	2020	+	+	-	+
Ottyeno	Education	2023	2023	+	+	+	+
Amélia	Quality life	1995	1995	+	+	-	+

Key:

- + The Interviewee responded affirmatively.
- The interviewee responded negatively.
- +/-: The interviewee exhibited probability in their response.

Preliminary personal investigation indicates that most respondents (n = 21) were leaving their home countries for the first time, with Portugal as their first-choice destination. A smaller group of respondents connected to Portugal from other countries, including Algeria, Angola, Canada, and the USA (Table 3; Figure 5), with an average duration of 12.16 years of stay in Portugal. Additionally, while the majority of interviewees (n = 25) have decided to return to their respective countries of origin, a few (n = 5) are keen to either maintain a residence or explore other countries when the opportunity arises (Table 3; Figure 5).

It was also evident that the primary driving force behind migration is economic; except for one individual who was motivated by political instability and war, the interviewees moved to the country in search of access to quality services and improved living conditions, particularly in education, family reunification, employment, business opportunities, tourism, and an enhanced quality of life (Table 3; Figure 5). This demographic data highlights the varied duration of stay among migrants and suggests a trend towards long-term settlement in Portugal.

Figure 5 provides another graphical representation of the interviewee profiles. The figure includes information about the motive for migration, the initial destination of choice, and the prospects for return migration. The data indicates that those who participated in the interviews were mainly economic migrants who had selected Portugal as their destination country. The data also reveals that although most interviewees expressed a desire to return home someday, some had no plans, others may relocate to another country when the opportunity arises, and a few were still deliberating about their stay.

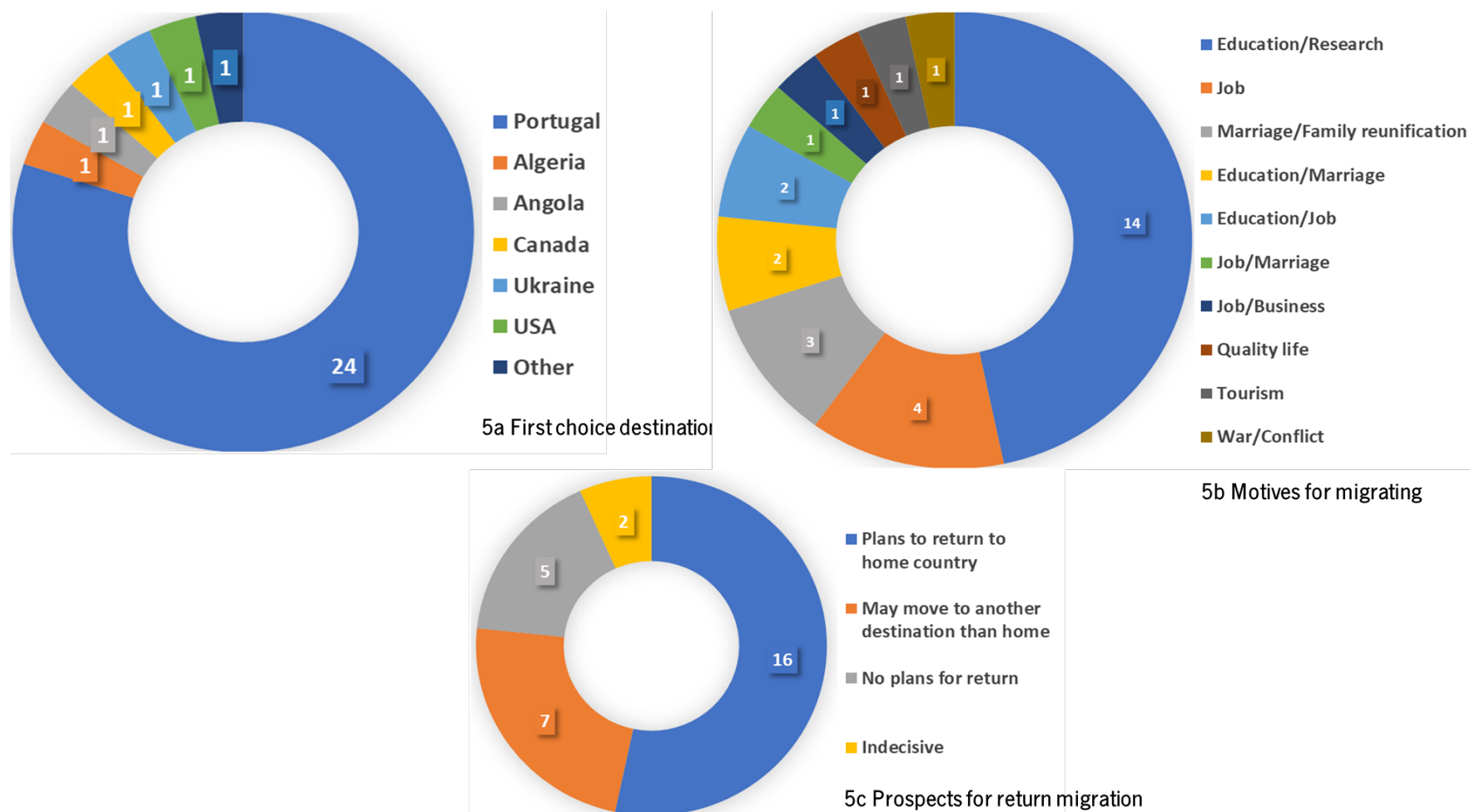


Figure 5. Data illustrating migration decisions among participants: a) primary choice of destination, b) motives for migrating, and c) prospects for return migration. Values represent responses from 30 participants.

5.3. Implications of movement for origin and destination countries.

Community Impact

The concept of transnationalism, which encompasses themes such as community impact and adaptation, including humanitarianism, education and skill acquisition, a growth mindset, and environmental awareness, has emerged as a critical aspect of the migrant experience discussed by the interviewees. They emphasised leading a transnational life and positively contributing to host and home countries (Table 3). Furthermore, in this section, participants highlighted how their movements have benefited both societies through various contributions. This theme underscores the interconnectedness of economic systems and the role of migrants in shaping financial landscapes, fostering symbiotic relationships, promoting positive contributions, and engaging in meaningful ways to impact society as migrants positively. Almost all (n = 29) respondents felt that their movements had benefited both the home and host countries, particularly regarding enrolments in higher education institutions and the subsequent payment of tuition and rent, academic publications, boosting the labour force, tax payments, shopping, and remittances. Illustrative examples are provided below.

Leonardo's response (Guinea-Bissauan) demonstrates that his movement significantly benefits both his home country and the host nation.

“While here, I can support my mother, brother, and others with many needs. This allows me to help myself. I could not do these things when I was in my country.”

In the same vein, John (Nigerian) affirms the positive contribution of his movement to both the home and host countries, as follows:

I had a relatively productive academic experience in Portugal regarding scientific publications. On a global scale, publishing a paper, for example, enhances the worldwide reputation of

the university where I work. It affects how the university ranks within the larger sciences field, which is how I contribute positively. Moreover, after completing my studies, I began working and paying taxes to support the national economy. Remittances primarily send money to individuals.

Subsequently, Luís (Angolan) also discusses the benefits of his migration to Portugal:

My relocation from Angola to Portugal benefits both my home and host countries. Although I do not have resources or a salary here, I still spend, shop, and incur expenses like any other Portuguese citizen. Angola is not yet reaping significant benefits because I am not sending remittances. Nevertheless, my time here undoubtedly brings many scientific, academic, and cultural advantages to my home country; as our training continues during and after our courses, these connections endure. We exchange ideas and experiences and, most importantly, the dynamism that transforms us into a cohesive team. In this regard, we can rely on our colleagues' support when we return home.

Overall, the interview responses emphasise the multifaceted nature of migration experiences, from personal motivations to societal implications. They also highlight the necessity for comprehensive support systems and policy frameworks to meet the diverse needs of migrants in an increasingly interconnected world.

5.4. Challenges: Insecurity, vulnerability, and threats encountered in the country of origin

The thematic analysis of interviews with various African migrants in Portugal reveals a rich tapestry of experiences, challenges, and strategies employed by individuals navigating life in a new cultural context. The primary themes identified across the interviews include economic influences, community impact, human values, vulnerability, and adaptation, encompassing security and safety concerns, socio-economic disparities, challenges of adaptation, dual identity and simultaneity, job security and livelihood, access to services, economic opportunities and career challenges,

legalisation and integration, opportunities for education, cultural identity, family and remittances, climate change, government policies, and social support, with these listed as subthemes (Table 4).

Table 4 presents data gathered from the thematic analysis, highlighting the themes and subthemes that emerged from the interviews concerning the insecurity, challenges, threats, and vulnerability of African migrants in Portugal. Themes refer to the topics, ideas, and patterns of meaning that arise repeatedly at various stages of an interview. The analysis identified eight themes: economic influences, community impact, human values, adaptation, vulnerability, threat, insecurity, and government and society. These themes focus on the migrants' interpersonal challenges and those encountered while interacting with the broader society.

Table 4. Emerging Themes and Subthemes

Economic challenges - low wages - electricity crisis - healthcare inadequacy - quality of education - administrative bottlenecks - infrastructural inadequacy - confidence in state security	Vulnerability - interpersonal challenges - identity - delays in documentation/legal status - integration - COVID-19 pandemic - family separation - health challenges
Community impact - benefit to society - personal development - marriage - social relevance - risk mitigation	Threat - bullying - work challenges - discrimination - expensive tuition - high rent for international students
Political conflicts - political instability - war - exclusion of youth in governance	Insecurity - life transitions - cross-cultural shift - cultural/language diversity - job opportunity/dependency - managing expectations
Adaptation - environmental awareness - humanitarianism - growth mindset - education/skill acquisition - compliance with state rules	Government and society - integration - human development - collaboration - labour market - climate change/pollution/gas emission

Economic challenges

This theme broadly refers to how certain socio-economic realities encountered in one's country of origin may contribute to the decision to emigrate. Socioeconomic disparities are central to the narratives shared by the interviewees, who compare the living conditions and access to basic amenities between Portugal and their home countries, highlighting the stark inequalities in income, infrastructure, and healthcare. Similarly, participants discussed the impact of migration on their socio-economic status, resource availability, and employment prospects. This theme underscores the socio-economic challenges faced by African migrants in Portugal and the broader implications of economic disparities on their well-being and integration.

It further demonstrates that economic realities associated with low wages, electricity shortages, inadequate healthcare, poor quality education, administrative bottlenecks, and lack of trust in state security in the sending countries can be significant push factors for migration, posing challenges and threats to immigrants' and societal security. Specific practices related to this theme concern how individuals access basic amenities, how the state rewards work, and how the state addresses the populace's needs. In the statements analysed, economic migrants commonly expressed that providing adequate amenities might lessen the desire to migrate. At the same time, the inability to access such services could render migrants vulnerable to exploitation in the host country as well.

These economic realities highlight low-quality education as a subtheme, representing one of the significant challenges faced by individuals in developing countries. Presumably, due to governance failures, many people of African descent have encountered difficulties related to human development at various points. Interviewees noted these challenges manifest in inadequate research facilities, subpar teaching, a lack of choice in courses or desired specialisations at the postgraduate level, high tuition fees in private schools, and the exclusion of youth from the education system and national development initiatives or policymaking bodies in their countries, among other issues. In the interviews, a student researcher named George from Nigeria connected the low quality of education in his country to his reasons for emigrating, identifying it as a major obstacle to human development there.

One of the challenges in my home country is the lack of support for education concerning the need for more equipment, particularly in the health sector. In Nigeria, where I come from, we have some brilliant minds, yet we have minimal equipment to study medicine or healthcare-related courses. While we possess exceptional lecturers and bright students, the need for more resources persists. Subsequently, moving from Nigeria to Ukraine and, eventually, to Portugal exposed me to equipment that I might not have been able to access back in my hometown during my studies. Thus, this challenge within our education system was a significant factor that prompted my departure from Nigeria.

Similarly, Alberto (Angolan) notes that the quality of education poses a significant challenge in his country. He states:

My country needs to provide the conditions for me to continue my studies to the doctorate level. For example, I desired a different area of specialisation for my PhD studies. Hence, my PhD is currently being realised here in Portugal. However, the government at home still needs to be ready to consider improving the education system as required. So, without these conditions, we are tempted to leave.

Another sub-theme highlighted was the electricity crisis. This is a critical issue concerning the importance of electricity in driving production and other activities that foster a nation's economic growth. It is reasonable to assume that the economies of states with unreliable electricity face setbacks, as is evident in developing nations. In the responses, another student, Wilson (from Nigeria), associated electricity crises with improved economic prospects in both sending and receiving countries, citing this as his motivation for embarking on his European journey, as he confirmed:

I left when my country faced numerous issues, such as the electricity crisis, which I observed was lacking in Portugal and other European nations. Portugal now offers significantly more economic prospects than Nigeria.

In other interactions, interviewees also identified low wages as a significant challenge in their home countries, leading to a substantial outflow of youth to more stable economies. When comparing the salaries of public servants in their home countries with those in Portugal and other European nations, Alberto (from Angola) connected the perceived wide gap in remuneration between his home country and Portugal to injustice in the Angolan labour market. He also states that the reason he moved to Portugal was for improved working conditions and better pay:

Some of our jobs can be challenging at times. Furthermore, you may have to work late hours or even in precarious conditions, yet it takes more than a salary to compensate. Therefore, please find a way to opt-out.

The quality of healthcare services was another factor prompting emigration to developed nations. In her comments, Rosa (Cape Verdean), who suffers from a debilitating illness, noted that she remains alive due to frequent hospital visits and the special care and attention she receives while in Portugal:

When I was involved in an accident, I was down and admitted to hospital. I was not treated like someone from abroad. I received the exceptional care I needed to keep pushing through, but it may not have been easy or even possible for me in my country. The healthcare personnel were friendly and kind to me as well.

The responses also reveal issues related to bureaucratic bottlenecks, which sometimes hinder integration and access to essential services. In certain states, practices such as staff shortages, absenteeism, laziness, or even organisational negligence can lead to qualified individuals struggling to obtain quality services or job opportunities. In sharing his thoughts, Wilson (Nigerian) also highlighted the laziness of agency staff as a reason for the delays she faced while processing her travel documents.

Because the process took so long, I may not receive the visa. After being captured and collecting my biometric data, I sought feedback from the agency staff regarding the

application's progress, but it has yet to arrive. I only received a message when my visa was ready. Consequently, it was incredibly uncomfortable waiting all this time.

In several African countries, there are reported cases of inadequacies in the state security apparatus, leading to the failure of regional authorities to address issues of increasing insecurity, such as robbery and corruption. In such instances, the populace resorts to taking the law into their own hands while seeking means of self-defence, as they appear to have lost faith in the state's security to ensure their protection. As Amir (Tunisian) recounted his emigration journey in connection with insecurity and a lack of trust in the security agency of his home country to safeguard his family:

I left my country for Portugal because I feel safer here. My family remains in Tunisia, and I visit them only when necessary. We keep in touch regularly. Life was complicated, but I understand that. I came here seeking stability, strengthening my finances, and building a better life. The people here are kind. My daughter attends nursery, and the school fees are free. I genuinely appreciate that aspect.

In another interaction, João (Angolan) recounts significant challenges, including poor infrastructure, inadequate healthcare, and bureaucracy in obtaining essential services like visas.

In my country, fewer structures on the ground are anticipated for a society of millions of inhabitants, and issues like hospitals, electricity, roads, and areas in the hinterland remain inaccessible. The people in those regions consistently require assistance transporting their produce to the city, where it is greatly needed. This situation is detrimental to us. We are discussing individuals being unable to access healthcare, particularly in the suburbs. I also experienced challenging moments when I planned to come here—writing to the embassy and waiting for a considerable time. It was a time of anxiety as I was uncertain whether I would receive the visa in time for the school resumption in Portugal due to the delays. Therefore, to progress as a nation, we must address these failures in public services.

Table 5. Sample interview responses to the question, 'What challenges did you encounter in your country of origin before deciding to move?'

Themes contributing to Challenges	Example of quotes from interviews	Number of responses
Economic challenges	"I left my country of origin because, unlike here in Portugal, there was not available my area of specialisation in medicine, prompting me to leave for the postgraduate studies abroad."	24
Economic challenges	"There were a lot of issues in my country particularly, electricity crisis that I had seen that is absent in Portugal and other European nations."	6
Community impact	"I left my home country to unite with my Portuguese family. That is because, after my marriage to a Portuguese, we decided to live here together."	5
Political conflicts	"In my country there were no best conditions for studying and, moreover, the political change forced us to do so. So, I would say it was socio-political and economic issues."	1

Community Impact

The theme of community impact encompasses other significant reasons for migration and respondents' perceptions of its rewards, including societal benefits, personal development, marriage, social relevance, and risk mitigation. Data from the interviews revealed that most respondents left with the belief that their movement would aid in their personal growth as well as contribute to the advancement of their home and host countries. A prominent recurring aspect of migration is its potential to substantially alter the demographic composition of communities, resulting in changes to population dynamics, labour markets, and social structures.

In numerous destination communities, migrants can enhance workforce diversity, introduce new skills and talents, address labour market needs, and stimulate economic growth through entrepreneurship and consumption. Similarly, cultural integration and social cohesion can be both facilitated and challenged by migration, as newcomers bring diverse traditions, languages, and values that may enrich community life but also pose challenges to social harmony and identity. In many cases, interracial marriages and family reunifications present excellent opportunities for self-development and the nations involved. However, migration can also strain local resources and services, heightening competition for jobs, housing, and public amenities.

This is evident in the motive for movement articulated by Juliana (Angolan):

I am confident I have faced any significant challenges before leaving. Therefore, I left my home country to unite with my Portuguese family, as we decided to live here together after my marriage to a Portuguese person.

In another interview, Henry (Nigerian) suggests that his motivation for moving was his job, with Portugal being his second choice of destination. Describing his experience as a sporting journey, he recalls being a talented athlete who played for his country. Yet, he wished to venture out optimistically to further his career and business elsewhere. In his own words, Henry explains:

Portugal was my secondary destination because we initially went to Algeria for the athletics games, the 'All African Games', and then came to Portugal for the World Junior Championship. That was how my stay in Portugal began. I know I have talent but could not progress due to financial constraints. However, I am someone who always believes in God. I place my hope in Him and stay optimistic about making it. The only opportunity for me to leave was an invitation to represent my country in the World Youth Championship in athletics. It was a significant opportunity, and I needed to seize it.

Political conflicts

The theme refers to various essential reasons why people migrate and the potential impacts of this movement on migrants' lives and society as a whole. The subthemes illustrate these, including political instability, war, youth exclusion from governance, and climate change. Like human history, both positive and negative instances have always been characterised; the narrative of migration and its effects reach beyond destination communities to include origin communities, where the loss of human capital during migration can lead to significant economic and social repercussions.

One notable outcome of migration is the remittances that migrants send to their families and communities of origin. These remittances are crucial lifelines, providing financial support for education, healthcare, and infrastructure development. Furthermore, the return of migrants who bring newfound skills, experiences, and resources can foster local development and capacity building within their home communities.

However, brain drain, particularly prevalent in developing countries, can exacerbate skill shortages, hinder economic growth, and impede social progress in these regions. Therefore, a comprehensive understanding of migration's human value necessitates considering its complex interplay with socio-economic factors, policy frameworks, and cultural dynamics in both destination and origin contexts.

In his response, Paulo (Santomean) explicitly stated that his emigration was prompted by political and economic instability as well as war in his region at that time:

In my country, my father was a political prisoner in São Tomé. After independence, my father was arrested and jailed, leaving our family with no means to survive, so we left. In my country, there were also inadequate conditions for studying, and political changes forced us to take this Step. Therefore, it was a combination of socio-political and economic issues.

Table 5 presents data collected from the thematic analysis, highlighting the themes discernible from the condensed example of interview responses to the question, ‘What challenges were you facing in your country of origin before you decided to move?’ It also indicates the number of participants whose opinions align with an identified response. In this regard, themes such as economic influences, community impacts, and human values are recurrent across the various interactions regarding migrants’ interpersonal challenges and their experiences with the larger society. From this data, it was deduced that while some young respondents left their country in search of a brighter future, citing their exclusion from governance and policy-making, none were compelled to move by climate-related conditions.

5.5. Individual strategies to mitigate potential risks during the journey

In this section, the subthemes encompassing confidence in state security (economic challenges), delays in documentation/legal status (vulnerability), compliance with state rules, and environmental awareness (adaptation) were recurrent in the responses from many of those interviewed (Table 6). It is commonly believed that those leaving their home countries may face severe migration risks, including road or air accidents, scams, robbery, detention, issues with legal authorisation for crossing borders, or serious transportation challenges during the journey. Awareness of these potential risks could be the first step towards preparing oneself for eventual occurrences and readiness to tackle them as they arise.

Economic challenges/Vulnerability/Adaptation

About the measures individuals implemented to mitigate potential migration risks during their journey, Luís (Angolan) shares that carrying and travelling with a substantial amount of money made his movement less stressful. He states that:

When one embarks on a journey, one is likely to encounter various security challenges, whether positive or negative. Therefore, we must always be as cautious as possible to avoid the latter. One of the things I did when I left Angola was to find out how to navigate a large

city like Lisbon, ascertain the streets, and discover the quickest routes from one street to another. Who are the people in Lisbon that I could rely on in an emergency? Speaking to the police whenever needed was also beneficial. Although I lost my way a few times, I managed to familiarise myself with the city a bit before heading to Braga. At that time, Lisbon was and continues to be the most significant part of Portugal.

Another thing I did was come up with some money- a significant sum of money. Although I came here as an Angolan student on scholarship, I still needed to receive cash from the state before my departure. So, I had to bring some cash that sustained me here till the bureaucratic issues surrounding the activation of the scholarship and fund release (like having NIF, having a residence, and certain documents) were resolved. So, I was spending the money I brought with me. I navigated the bureaucratic challenges inherent in the scholarship activation without anxiety, and everything worked out. This contrasts with those who require more money and are in a difficult situation. This support enabled me to settle in, secure accommodation upon arrival, shop, and live the everyday life of a PhD student.

During his session, George (Nigerian) acknowledged that he was aware of the potential risks associated with his movements. He explained how, by adhering to legal requirements, he had endeavoured to secure legal status as an immigrant in Ukraine and Portugal.

I know the potential risks we may face if we need the necessary documents to reside in a particular country. It gives a much higher risk of being deported back to your country, and you would be sanctioned. So, I had to hmmm. To mitigate this risk, I try to follow the necessary legal steps, like searching for a visa, looking for an essential visa appointment, and trying to be legal in that particular country in Ukraine. Even when I went to Portugal, I tried to legally get a residency permit to avoid the possibility of deportation.

In other interviews, Vitor (Angolan) shares his tips:

Initially, I took legal steps to obtain a visa, prioritising my physical safety by being cautious with information, avoiding going out at night and refraining from drinking alcohol. Before I embarked on my journey, I was admitted to study at the university. Regarding accommodation, I maintained contact with the Ação Social at my host university, who kept me updated on the process while I was still home. Therefore, I would say those measures helped me not feel lost here.

Vulnerability/adaptation

Tadeu (Angolan) acknowledged that he was aware of the risks associated with movement and shared how he managed to navigate through them, as follows:

Firstly, I needed the motivation to move despite what awaited me. Motivation is essential for Africans relocating to another continent where life may differ. I recall the saying, "If one does not take risks, one may not achieve great things." I set out to choose the proper mode of transport, opting for an airline. I also discovered information that was vital for my safe arrival. I initially analysed how life functions here and how things are done. I knew I needed to leave my home well-prepared to face whatever came my way. Moreover, I had friends who were already here. I consulted them on how to find reasonable accommodation, stores with better deals, and so on, and these friends were invaluable to me.

In another discussion, Wilson (Nigerian), while sharing his personal experience, also advised other young African migrants on how he believes they can mitigate vulnerability and migration-related risks before, during, and after transit:

Firstly, one of the key tasks is to secure my bags through SCM wrapping or by purchasing books for them while ensuring that I have the appropriate documents ready at the right time. Having the correct documentation is vital; always act at the right moment, know precisely what you intend to do in Portugal, and try to grasp the area's layout to avoid getting lost quickly. Additionally, endeavour to immerse yourself in Portuguese culture upon arrival while

maintaining your own cultural identity, and seek to understand how things are done here, as it may differ significantly from practices in my country of origin.

In the same context, John (Nigerian) spoke about engaging with and maintaining contact with his host, which proved very helpful in securing a smooth landing:

Before leaving Nigeria, I had already established an excellent rapport with the person supervising my PhD. We communicated constantly, and everything was arranged for me, including the taxi from the airport to my accommodation. Consequently, it felt like a student environment, more akin to a student hostel, at least for the first few months, and it was regarded as one of the best and safest places.

Gabriela (Santomean) discusses her efforts to avoid problems with traffic officers and individuals in general during the trip:

While still at home, I sought information about where I was to travel. I browsed the internet and contacted friends, inquiring about life in Portugal for migrants. Additionally, I received pertinent feedback that alleviated my anxiety during the wait. The security personnel were helpful at the Santomean airport, and I always consult them when I need clarification. I also ensured the safety of my luggage. Upon arriving in Portugal, I called my friend, who helped me transport my luggage to my destination. Here, the authorities had put measures in place to mitigate potential risks. Overall, it was a matter of personal security awareness.

Table 6 presents data collected from the thematic analysis, illustrating the identifiable themes derived from the condensed examples of interview responses regarding individual measures to mitigate potential risks during the journey. It also displays the number of participants whose opinions align with the identified responses. Economic influence, vulnerability, and adaptation are recurrent themes from migrants' interpersonal challenges and interactions with broader society.

Table 6. Examples of interview responses related to individual measures for mitigating potential risks during the journey.

Themes contributing to Challenges	Examples of quotes from interviews	Number of responses
Economic challenges	“One of the things I did was to find out how to move in a large city like Lisbon, knowing the people that I could call in the event of emergency situation. Talking to police every time was also helpful for me to finding my way when I get lost.”	17
Vulnerability	“Though I came here as an Angolan student on scholarship, but I did not yet receive any cash then from the government before my departure. So, I was spending the money I came with that sustained me here till the bureaucratic issues surrounding the activation of the scholarship and fund release were resolved.”	2
Adaptation	“Even when I went to Portugal, I tried to get the residents permit legally to be able to be free from being deported.”	28
	“I was in contact with my host that kept me abreast of the process while still at home and would help me secure accommodation easily.”	12
	“I followed legal steps in obtaining visa. In terms of physical safety, being careful with information, not moving out at night and drinking alcohol.”	27
	“Try to entrench oneself in the Portuguese culture when one arrives”.	21

5.6. Challenges: Insecurity, vulnerability, and threat in the host country

In this section, the interviewees shared their threats, insecurities, and vulnerable experiences in the host country. The subthemes of language barriers, family separation, labour market exploitation (vulnerability), discrimination, life transitions, accommodation/high rent, and school fees (threat), as well as cross-cultural shifts, cultural/language diversity, and managing expectations (insecurity), recurred in the responses of many interviewees (Table 7).

Vulnerability

In the present research, vulnerability was identified alongside other subthemes, such as interpersonal challenges, identity, cultural differences, delays in documentation, integration, the COVID-19 pandemic, family separation, and health challenges. These factors were also recognised as predisposing migrants to unfavourable conditions that negatively affect their well-being in various situations. Therefore, understanding the root causes and complex interplay of vulnerability in migrants' homes and host countries is essential for crafting effective policies and interventions that address their needs and protect their rights.

The significance of language skills in facilitating integration and communication for migrants is increasingly paramount in every society. This subtheme, among others, emphasises the necessity of language support and resources to assist migrants in overcoming these challenges. Language barriers and communication difficulties prominently emerged in the narratives shared by Stanley (Nigerian), whose experiences highlight the obstacles African migrants face in Portugal due to a lack of proficiency in the local language. He noted how language barriers hindered his ability to connect with others and navigate daily interactions, even resulting in practical issues such as missing flights. While emphasising the unexpected nature of linguistic challenges, the issue of food preferences, and the necessity for migrants to adapt swiftly, he also acknowledges cultural diversity as a universal experience, both within the home and in the host country, viewing cultural adaptation as a natural aspect of migration.

The language barrier is one of the first hurdles any migrant must overcome when away from home. As an English professor, I did not foresee the challenges of language. After arriving, I believed that my proficiency in English would suffice; however, upon reaching Portugal, I realised this was my most significant hurdle, even greater than racism, as I struggled to connect with people. My first unforgettable language challenge occurred when I landed at Fiumicino Airport in Italy and was to travel from there to Cologne Bonn in Germany before heading to Portugal. I encountered such a language issue that I missed my flights.

Furthermore, I could attribute the entire challenge and problem to the language barrier, as many people I encountered who were supposed to assist me could not communicate effectively. They often said they couldn't help or stated they lacked the necessary language skills, among other similar excuses. It was the first time I realised that language posed a significant obstacle; consequently, it became a considerable issue. Secondly, you can imagine that on the day I arrived in Portugal, the individuals who met me at the airport did not share a common language. This made it quite challenging for us to communicate as we travelled to my destination in Braga, Portugal. In other contexts, you typically have something to share with someone or even a simple greeting. However, you must learn to convey these, as the other person needs to understand your language. Thus, this created a challenge for me in relating to others.

Moreover, this holds for every other part of Europe I have visited. Consequently, the language barrier has posed the most significant challenge during my travels across Europe. I had assumed that English was universally spoken, believing that once one possesses it, one could go anywhere, but my experiences suggest otherwise.

In another sense, Omid, a Moroccan, connected his vulnerability to exploitation in the labour market and the challenges posed by specific cultural differences:

I left my country after marrying a Portuguese person. The weather in Portugal is pleasant. My wife and daughter are also doing well. However, back home, I worked in a hospital as a

nurse for five years, helping needy people. Unfortunately, I am unable to work here as a nurse. Consequently, it is challenging as I struggle to balance my studies and work. We have to choose one path, as government support for students is minimal, which is not particularly helpful. Naturally, I need a qualification to study here since I cannot simply proceed to become a nurse; I must have my certificates validated in this country. I work in the customer service department in English, so language is not a significant issue, although I am still learning it.

Everything is different here. In Morocco, things are distinct. We are Muslims; we fast, we pray, and we... There have been many challenges, but over the years, I have started feeling like I was losing my identity. I find it difficult to explain this because it may sound profound to you, yet there is no community... nothing reminds me of any community or my homeland here. As the years go by, you blend into the communities living here. You might sometimes have a beer or other refreshments, which I never did back in my homeland, significantly affecting me. I believe we can never go back. We must move forward; I mean, we must keep going. We need to be productive and not burden the government or the people. There is one thing I truly believe: if you are productive anywhere, in any corner of the world, you will become productive wherever you go.

So, you won't become a burden to the government, the community, or the employment exchange. I have an idea to either move back home or relocate elsewhere. It's not that I dislike Portugal, but as I mentioned, we face challenges—not with the cost of food and other essentials. After all, you receive your pay at the end of the month, but the salary is low. However, it feels like you get a bit of a dopamine hit, which keeps you going. That's why I'm staying in this country for now. The salary is meagre, and you don't expect much more; even with Portuguese citizens, you can see that. Some Portuguese individuals tend to give up easily. Many in the community here are getting older, which I've noticed quite a bit—for instance, if I take the bus, I see many older adults. Most of the younger ones aren't around. Moreover, many people are rarely at home. They frequently leave their jobs to pursue better opportunities and enhanced lives elsewhere. However, stepping out of one's comfort zone sometimes requires effort.

The cultural identity and adaptation are evident in discussions with interviewees concerning the potential clash between their heritage and Portuguese culture, highlighting the importance of navigating and adapting to new cultural norms. The narratives underscore the complexities of cultural adaptation, particularly in food, social interactions, and daily life practices. They emphasise migrants' need to navigate their heritage and the new environment with resilience and flexibility. In the responses, while most respondents (n = 26) indicated that their means of livelihood compare favourably with those of the natives, a few (n = 4) reported losing their cultural identities or values while seeking to embrace the host culture. Notable among these is a Muslim who has adopted Western culture after marrying a Portuguese person.

Threat

This theme concerns the safety and well-being of migrants in foreign nations, which involves numerous challenges and risks that the migrants encounter upon arrival and during their stay in host countries. Generally, migrants' responses highlight incidents such as bullying, discriminatory issues in the workplace, interpersonal difficulties, struggles with accommodation, and the high costs of rent and tuition, which could jeopardise their chances of settling and advancing in society. In her responses, Juliana (Angolan) shares some distressing experiences that threatened her emotional well-being and personal safety as an international student:

I barely arrived and went to school straight away; at that time, I was being bullied. Because we have different accents, some terminology varies according to regional speech. For instance, Lisbon and Porto are noted examples; this variation can be observed in the north and south of Portugal. Now, imagine the transition from Angola to Portugal. The significant challenges I faced were related to language, race, and the experience of being black—things we may not fully understand but which impact us daily. For example, our hair is treated differently; for us Africans, those braids often incorporate synthetic hair. Overall, that sums it up: the issues of language, race, and colour, as well as the reality of racism.

In another interaction, Cidália (Santomean) linked the challenges she faced in her host country to life transition, interpersonal and labour market/work challenges:

My challenge was personal and revolved around a life transition. I remember arriving in Portugal moments after I was pregnant and still an undergraduate. Having recently married, we were young; I was eighteen, and my husband was three years older. We persevered because we needed both the baby and the degree certificates. So, I studied at night and worked all day while caring for a baby. I eventually gave birth in August and commenced my studies in September of the same year. It was tough. I felt sad because, during the first three months after the birth, I was almost absent from my daughter's life.

About this conversation, Luís (Angolan) shared his challenges, linking them to discrimination and adaptation:

Since arriving here, I have observed evidence of significant technological development and disorganisation. Consequently, I lead my life quite differently in my country than here. In response to your question, one of the challenges I face is discrimination in service. When you enter an office to sort matters, you are sometimes asked to provide certain documents that are not required from others before you receive assistance. I see this as a discriminatory request.

In another interaction, Edmundo (Angolan) expressed that the main threats he has encountered since arriving in Portugal have been his challenges in securing accommodation and funding for his university education.

In my first few months after arriving, finding suitable accommodation was difficult. I contacted colleagues, and we even used the school email to ask for help. When we found a place, the rent was significantly higher than expected, but we decided to go for it. I managed to enroll in my courses, and I must tell you that, similar to the rent, there is a vast discrepancy between the fees payable by citizens and those that international students must pay. At my

school, it was also mentioned that the fee structure may change in any academic session. Knowing that I am not working yet, such a situation is a source of concern for me as an international student.

Also sharing his experience, Leonardo (Guinea-Bissauan) reveals that discrimination in the workplace impeded his career development despite his qualifications. In his interaction:

It is more than feeling helpless; it feels as though I am lost among people, and I consider that a threat to my well-being as an immigrant. I experience this in certain situations, for instance, in my current job. It is the only job I have held for five years since I arrived here. Moreover, I can tell people and show them how to work. I provided them with training in the field, yet they got promoted and became managers while I remained in the same position.

Moreover, I often wish to move to a different station, for instance, not working as a chef. It represents a different kind of role where we engage in various Tasks. However, whenever I express a desire to transition to another type of station, they send me back to my current one, preventing me from exploring new opportunities. I strive to push myself, and despite learning many new things, I still cannot achieve a promotion. One day, they recognised this and admitted, 'The way we treat this guy is Unfair.' I never complain and continue to do what I do, as I do not doubt my desire not to do this for life.

Nevertheless, I find satisfaction in it since it helps me resolve my issues. Even so, I can feel my frustration; the time I spent studying at university now seems wasted as I work in the kitchen. I do not mean to underestimate those working in kitchens.

However, my experiences with the people in the kitchen show that I have more qualifications than they do, yet they have advanced and are above you. You demonstrate your skills and teach them how to perform specific tasks, but due to your different skin colour, background, and culture, as well as coming from a different country, they are promoted instead of you. In my workplace, some individuals treat you poorly without understanding why; for instance, once they learned about my background as a graduate, their attitude changed, and they began to respect me at work. Consequently, they question me, asking, 'Why are you in the kitchen? Why are you working as a chef? Why don't you seek employment in your field?' I

used to respond, 'I am working here. I know why I am here; I need to leave this job to pursue opportunities in my field.'

I need to work briefly, write another article, and find something. During this period, when I plan to stop, it will pose a significant problem for my family and me because I already have one challenge: I support my brother, who depends on me. If I stop working for even a day or a week, it will cause significant issues. My daily challenge is not to feel a lack of anything while he relies on me as always. He is a student focused on his studies, which adds to my challenge, but I remain hopeful for better days.

Similarly, Amélia (Santomean) identifies the threat as the significant challenge she faced in the neighbourhoods, linking it to racial discrimination by both the misguided authorities and residents. In her words:

The challenges are numerous. The first is discrimination, which is a serious issue. Although it is often stated that racial discrimination does not exist in Portugal, African migrants here encounter daily challenges related to racial concepts. This represents a significant hurdle for migrants, mainly African migrants. I have witnessed instances where individuals of black ethnicity were denied visas to travel to Western countries, possibly because, in most cases, the decision-makers are white, and there is a limit to what can be done in such situations. This perception stems from their being viewed as a minority population. Despite being rational and industrious individuals, they are often unjustly seen as the worst based on this backdrop. Secondly, job-related discrimination is not the only issue; when one is on the bus, it becomes apparent that one can be a target for discrimination. I have not personally faced it, but I am aware of numerous cases of xenophobia that exist in various institutions. For instance, this occurs during conflicts between migrants and Portuguese individuals. Authorities, such as the police, tend to side with the Portuguese, even when both Africans and Portuguese are in the right. Ultimately, we are the ones who end up shouldering the blame. I believe this approach will not lead to positive change.

Avelino (Angolan) also asserts that:

I believe there are numerous challenges associated with leaving one's homeland. My primary challenge was applying for admission, securing a visa, and adjusting to a new environment. It felt almost like restarting a computer. I arrived in Portugal in the post-COVID era, and obtaining a visa was difficult then. Therefore, I consider myself fortunate to be here. The lifestyle differs significantly from what I am accustomed to—particularly concerning cultural and religious issues. In my culture, we uphold family ties that, I think, are gradually losing their significance.

Regarding religion, I knew from home that the Portuguese are known as a religious people. However, comparing my country with Portugal, I notice reduced adolescents' and children's access to spiritual activities. This came as a shock to me. I do not know if that is normal, but I have accepted it. The rent price could be more friendly, and we must make the journey, bearing all this in mind. The challenges I have are personal because I am not from here. As a clinician, I face most of the difficulties, in fact, the personal conflict of having to abandon my country, which gave me training until the master's degree, because I feel that I owe her a lot.

Insecurity

Security and safety concerns are significant aspects of the migrant experience, as highlighted by the participants. They raised issues regarding racism and potential risks associated with migration, emphasising the necessity for migrants to remain cautious and aware of the challenges they may encounter, such as discrimination and exploitation. Similarly, participants discussed the difficulties surrounding legal status, access to rights, and navigating security issues within the host country. This theme, therefore, underscores the importance of addressing security concerns and ensuring the well-being and safety of migrants in their new environments.

Many interviewees expressed concerns about insecurity related to cultural adaptation and integration in Portugal, highlighting the culture shock they encountered upon arrival, particularly regarding differences in social interactions and hospitality norms between their countries and

Portugal. This interview section illustrates their struggles to form meaningful social connections and the loneliness stemming from cultural differences. Among these challenges are issues concerning securing stable employment, enhancing their quality of life, and pursuing professional development. The insecurity surrounding the safety and well-being of migrants in foreign countries underscores the urgent need for comprehensive measures and interventions that prioritise social inclusion, access to rights-based services, and equitable opportunities for economic and social integration.

As anticipated, George's (Nigerian) insecurity predominantly stemmed from the language barrier. He associated this insecurity with his inability to communicate effectively in Portuguese, which limited his opportunities to engage with others and integrate into society:

Okay. To address your question, I believe it is ..., ... I faced early language barrier challenges as I arrived in a different country with a distinct language and culture. However, I had to adapt and learn the language, which is one of the challenges I typically encounter in non-English-speaking countries.

In this context, Uzoamaka, a Nigerian, shares her experience as follows:

As a migrant, the challenges I face in Portugal primarily revolve around the lack of family and friends; one often feels isolated due to our differing cultures. I recall the culture shock I experienced upon arriving here. Being born and raised in Nigeria, we have a distinct way of life. Even when encountering a stranger, it's common to say, "Oh, come in." During Christmas, you welcome everyone, and it's customary for all to gather at your home for a meal, even if you don't know the individual. However, when I arrived here, life was markedly different.

On another level, Rosa (Cape Verdean) highlighted challenges associated with maintaining connections with her family in Cape Verde, mainly due to visa restrictions, the expense of travel, and distance. Furthermore, navigating bureaucratic processes for family visits and the constraints

of travelling with third-world passports presented significant obstacles. She primarily attributed her inability to be with family members to her lack of financial means for travel:

I have been here for almost forty years. I regret that I cannot be with my family at this time. Sometimes, I cry because I cannot see my joy-givers, especially my grandchildren, nephews, and nieces. After my retirement, this has been my present health condition. The pension needs to be higher. You also know that when you have valid passports and want to go on holiday, things can turn out quite differently at the borders. It is hard for me, but I hope for better days.

In his response, Luís (Angolan) connects his challenges to labour market issues.

My stay in this country will benefit my country but, to a high degree, Portugal. I study here and pay my fees, rent, and taxes. Even in the bank, there are charges to be paid monthly to maintain accounts, which is normal. However, I notice specific uncertainty in recognising certificates or skills in the institutions here, particularly from the developing world. For instance, in my country, if I were to teach or conduct research for a certain number of years, I would be promoted to full professorship, but that cannot occur for me if I continue my life here.

In the same vein, Omid (Moroccan) shares that his challenges in Portugal are integration, linking it to the language barrier, high rent, and inability to socialise when at the workplace:

I have encountered numerous problems here. The first challenge I faced was the language. Portuguese requires a lot of work to learn, and it isn't easy. My second language is French, so I speak a little French, but now I know the basics. I can go to the supermarkets and learn the grammar necessary for brief conversations there. Another issue is the cost of rent, which is exorbitant. Sometimes, they fail to sign the contract, which means we have nearly been penalised by the IRS due to the taxes. This can be pretty distressing. At times, the Portuguese environment is somewhat closed off.

It isn't easy to be social and make friends in Portugal. Phrases like 'you can be my colleague but not my friend' are challenging to comprehend. I'm uncertain if this is normal in the culture. Although this is concerning, I am aware of it. These are some of the challenges I face in Portugal.

Nevertheless, Portugal is one of the countries I view as a tourist destination because issues such as racism and other disparities are pretty rare. When such incidents do occur, they are infrequent. We received significant support, which we needed as newly arrived migrants. Therefore, I do not perceive it as a substantial difference.

Tadeu (Angolan) also conveyed that one of his most significant challenges was discrimination in the workplace. In his words:

When you arrive at a Portuguese establishment, for instance, if you are employed to work alongside others, you may notice that some colleagues doubt your ability to perform the tasks outlined in your CV, believing you are not the person you claim to be. These individuals tend to view those of us from Africa or South America as affluent individuals who cannot manage what they possess and present themselves as helpless. I have also observed that rent prices are higher for migrants than natives, and some landlords inherited their properties from their parents. They may need to grasp the degree of exploitation, as they have not experienced it and may never do so. These factors highlight discrimination that should not be prevalent in this twenty-first century.

In her thoughts, Gabriela (Santomean) places it in another dimension:

Here in Portugal, I had difficulty finding a house to rent. When I arrived, I started looking for accommodation. It was after two months that I got one. Moreover, the rent needed to be more tenant-friendly when I got it. I did not feel so comfortable. I took it as one of the conditions a migrant could face. Another moment I got scared was when I was looking for jobs in autumn, and it was not just coming forth. In one encounter, I was told by one

employer that as I came to study in Portugal, I would go to school, not to work. However, generally, I felt safe here. However, what is the fate of many others who, unlike me, may not be faring either?

Table 7 presents data collected from the thematic analysis, showing the themes identifiable from the condensed example of interview responses to the question, ‘What challenges are you currently facing in your host country?’ It also indicates the number of participants whose opinions align with a given response. In this regard, themes such as vulnerability, threat, insecurity, and economic influence were recognised as recurring from the various interactions concerning the migrants’ interpersonal challenges and their experiences interacting with the larger society.

Table 7. An example of interview responses to the question: What challenges are you facing in your host country?

Themes contributing to Challenges	Example of quotes from interviews	Number of responses
Vulnerability	“Principally, I would say it is separation from family and relatives. I cannot get over the feeling of being away from my family. I got married last year, so, I cannot pass the day without concern for my wife and daughter.”	10
	“I remember having lost many contact hours due to COVID-19, the University, just like the other establishments, was closed. You can imagine where classes were held online with no practical sessions. That was a big minus for me as a science scholar.”	3
Threat	“I barely arrived straight away and went to school, at the time, I was being bullied. Because we have a different accent, some terminologies of more different regional ways of speaking. For example, Lisbon and Porto, it is noted. In fact, it can be seen in South and north of Portugal. So, imagine from Angola to Portugal.”	12
	“It is just us trying to be ourselves in another country but we are being segregated. This is one of the challenges we face. I wanted to do my clinical practice in Portugal. After we applied to several hospitals, we were told directly that even their students have not been accepted so they cannot accept us, we the migrants. It is a bit strange for us.”	9
Insecurity	“Okay, so, I had those early challenges of language barrier because when I came it was a different country with a different language and a different culture but I had to adopt and learn the language which is actually one of the challenges I usually faced in non-English-speaking countries.”	1
	“As a migrant the challenges I face in Portugal first is lack of family and friendship, you will just be alone because we have different cultures. I remember the culture shock when I came here being a Nigerian born and raised, we have a culture. Even when you see some stranger “Oh come in”, you host everybody during Christmas and everybody comes to your	2

	house you eat, even if you don't know the person. But when I came here life was totally different."	
Economic challenges	"The first experience was when the food items I came with had finished. So, I have to buy and the price for food was considerably higher than the one in my country of origin, Nigeria."	2

5.7. Migrants' attempts to address challenges: Adaptation

In this section, adaptation emerged as a recurring theme, defined by the migrants' ability to adjust to fit into a new environment (Table 8). This is likely influenced by varying ideas and behavioural changes, which make them suitable for their new circumstances. Evidence from the transcript supports the significance of their adaptation strategy for their livelihood and success in the host country.

Many of the interviewees expressed their ability to make specific adjustments to improve their quality of life, primarily by becoming aware of their surroundings in the new environment, acquiring education and new skills, maintaining a growth mindset, relying on humanitarian aid, and adhering to host state regulations (Table 4).

Environmental awareness is a key factor in how people adapt to a new environment (Table 4). Knowledge of the city layout, danger zones, and escape routes is crucial for reaching a new destination. In the interviews, Avelino (Angolan) attributed his safety and integration in his new home to being security conscious and having a strong understanding of any environment he finds himself in:

Upon my arrival, I realised I was in a foreign country, so I sought to avoid trouble. I focused on learning and following the main routes in the area, steering clear of movement at night unless I took a taxi.

In another instance, George (Nigerian) connects his progress in Portugal with humanitarianism and embracing a more social lifestyle:

I socialise more these days. My current job, which I obtained through my interactions with others here in Portugal, is a direct result of my efforts to make friends and adjust to their environment.

Another Angolan, Daniela, attributes her successful integration in Portugal to the acquisition of education and skills in this way:

Being aware of my limitations in terms of knowledge and background, I enrolled in a course at a higher education institution to improve myself and enhance my employability. I assure you it was beneficial and have relied on this ever since. Otherwise, I might have been out of work long ago.

In addition, João (Angolan) says that he was able to live a safe life in Portugal by leading a modest life:

When I arrived in Europe, I reminded myself that in the world, there are laws that people have to obey for their life and that of others. Portugal, as a nation being Christian, I, too, followed the Christian laws of no smoking, drunkenness, killing, stealing, drugs, etc, not doing harm to others and generally respecting the rights of others. I boldly say that, based on my family upbringing, I have followed most of these laws since childhood.

Furthermore, in his response, George (Nigerian) attributes his success in Portugal to possessing a growth mindset that made him keen to embrace challenges as part of the journey:

You know that once you leave home, you can encounter discrimination, but I do not allow that to deter me from pursuing my career. I maintain a growth mindset, which aids me significantly.

Furthermore, Ottieno (Mozambican) links his comfortable life in Portugal to adhering to state regulations in his interactions with the people:

As immigrants, we must adhere to their laws, follow the standard legal procedures, and endeavour to report security issues.

In another interaction, Ana (from Angola) states that enrolling in a higher education institution was necessary after she arrived in Portugal, where she realised her lack of skills required for entry into the labour market. According to her:

I arrived in Portugal with my parents as a teenager. At that time, I realised I needed to acquire at least the skills sought in the European labour market to secure a good job. Therefore, I enrolled in a university course, which proved beneficial.

Gabriela (Santomean) also shares her measures as follows:

I do not go out at night. Whenever I venture out, I return home as early as possible to avoid undesirable situations. I have avoided travelling at night and always keep my safety in mind. I refrain from visiting unknown places, steer clear of unpleasant locations, and avoid going to nightclubs and other activities that could jeopardise my safety.

In another interview, Stanley (Nigerian) expresses his determination to immerse himself in European culture, emphasising his eagerness to learn multiple languages. In his words:

I have already made resolutions. Whether those resolutions will be realised is a different matter altogether. However, I need to learn two or more languages, especially if I am going to Europe, to ensure that I feel safe in a good sense and can interact well with the locals. So, that is simply the measure I have contemplated. The next time I visit a continent like Europe, I must ensure that my English is sufficient to get around and engage with people.

Table 8 presents data collected from the thematic analysis, revealing the themes identifiable from the condensed example of interview responses to the question, "What measures do you put in place to address the challenges of security and opportunities in your host country?" It indicates the number of participants whose opinions align with an identified response. In this context, the only recurring theme from the various discussions regarding migrants' interpersonal challenges and their interactions with the larger society was adaptation. This was not unexpected, as the focus was on the measures employed to cope with the new environment of the host country.

Table 8. An example of interview responses to the question, ‘What measures do you have in place to address the challenges of security and the opportunities in your host country?’

Themes contributing to adaptation	Example of quotes from interviews	Number of responses
Adaptation	“I enrolled for a course in the higher institution to upgrade myself and become more employable.”	15
	“I concentrated on knowing and following the major routes in the vicinity, avoiding movements at night unless I go by taxi.”	10
	“I socialised more. The way I got my job my present job was as a result of my interactions with other people that have been here in Portugal, so I tried to make friends and try to adapt to their environment.”	20
	“You know that once you left your home, you can face issue of discrimination but I do not let that deter me from pursuing my career. I keep a growth mindset and that helps me a lot.”	5
	“As immigrants, we just have to obey their laws and follow the normal legal procedures and try to report insecurity issues.”	26
	“When I found my way to Portugal, I learnt living with care, avoiding lavish lifestyle.”	5
	“It was not easy at first but I stayed with family, registered in a gymnasium, made pastry to distribute to people, and created blogs, all those measures kept me afloat emotionally and financially.”	1

5.8. Government policy on addressing migrants' insecurity

This section's themes of government, society, and vulnerability are recurrent (Table 9). Government interventions and community resilience underscore the significance of comprehensive policies and support mechanisms. The role of social networks in enhancing migrants' resilience and well-being highlights the importance of collective efforts in ensuring the protection and integration of migrants. The following section presents the expectations and suggestions of the interviewees regarding what authorities could do to alleviate the challenges migrants face. The interviewees expressed their views on the necessary actions anticipated by the government and policymakers in various states to tackle migration-related issues.

Human development

During an interaction with Avelino (Angolan), it was clear that the Portuguese government was making significant efforts to protect those within its territory. Avelino suggests periodic retraining of firefighters to ensure they are increasingly prepared to respond to emergencies requiring their services.

Portugal is protective of its residents. This is evident even to foreigners, as I can walk the streets, visit supermarkets at night, and return safely. A significant expectation on my part is that they should enhance the firefighters; training, supplying equipment, and mobilising them financially could be practical. This will enable them to be better prepared to deal with emergencies more efficiently.

In her response, Bisola (Nigerian) clearly stated that Portugal does not pose a security risk regarding physical safety. She urged the government to enhance the security apparatus to prevent emergencies more effectively.

In my experience, Portugal is relatively safer than most countries in the Schengen region. The only time I heard of security issues was when someone fell onto the train tracks, but even in those incidents, I was unsure whether they were migrants or citizens. However, the Portuguese government could more effectively neutralise aggressors if strengthened and equipped its security force better.

In the words of Xavier from Cape Verde:

Greater integration is essential. The government could introduce programmes to help newcomers feel at home. I believe that failing to integrate effectively would hinder the potential and performance of those migrants concerned.

In his response, João (from Angola) expresses the following:

Portugal and Angola are two countries that are historically and politically inseparable. Consequently, one would expect a multidimensional cooperation between the two, akin to that with Brazil. However, Brazil enjoys greater economic cooperation with Portugal than with Angola. For instance, at present, Brazilians travelling to Portugal do not need to apply for a visa; they only require tickets to visit, whereas for Angolans, obtaining a visa is considerably more complicated. This poses a serious issue. Two countries, two measures, correct? There ought to be more relaxed lateral cooperation between Angola and Portugal. Thus, this necessitates effort. Increased collaboration is needed concerning documentation and the ease of migrant integration upon arrival.

In another interaction, Rafael (Santomean) notably advised potential migrants from São Tomé and Príncipe to seek opportunities abroad due to the difficult conditions at home. He emphasised the importance of preparation and skill development for successful integration into host countries. In his words, he proposed that governments should take the lead in training citizens to be employable, whether at home or abroad:

First, the immigrants coming to Portugal are primarily economic migrants. Economic migrants, particularly those from Africa, often arrive without preparation. In this context, the government should focus on preparing and training them before their departure; if they choose to emigrate, they could come to their destination countries with some training, enabling them to integrate into the job market more effectively. Consider this example: Brazilians find it easier to incorporate into the job market in Portugal. Why is that? Because many Brazilians already possess professions and technical skills that are comparable and equivalent in function both there and here.

In another interview, Vitor (Angolan) advocates for more effective collaboration between Western and African leaders to address local issues while suggesting African leaders' prudent use of state resources to construct essential structures in their nations. In his words:

Consulates of sending and receiving countries should establish agreements to protect their citizens in the countries where they reside. For the sake of humanity, the governments of any nation should strive to safeguard the lives and property of people within their territories, whether they are expatriates or locals. Furthermore, African countries should collaborate with foreign governments to alleviate the plight of their people. As noted by the President of Kenya, leaders of Western nations often fulfil only some of their promises to assist their counterparts. Without Western aid, African leaders can further explore their natural resources to create solutions for their citizens, not only in eradicating poverty but also in fostering human development. It is challenging to envision completing my university education here in Portugal, acquiring valuable knowledge and skills to share, and then struggling to find my place upon returning to Luanda. That would be an uncomfortable experience.

Similarly, Paulo (Santomean), the respondent, believes that the host country's government should provide more favourable conditions for documentation for other non-CPLP migrants.

You know that Portugal guarantees more accessible documentation for CPLP recipients. Portugal is performing well in this regard. It would be beneficial if such a gesture were extended to all migrants, regardless of their origin. This would secure the lives of legal migrants and minimise the issue of illegal migrants.

Tadeu, an Angolan, advocates for a strong connection between state authorities and citizens residing abroad, particularly during emergencies. He asserts that:

What Portugal can do to ensure the safety of people within its borders is not very different from what my country should do for its citizens. The consulates sign contracts and other agreements to promote trade and investment with different countries. Each country should pay attention to its citizens living abroad, whether foreigners or migrants in various locations. This reminds me of the warmth and friendliness of the American government towards its citizens. Whenever an emergency arises, such as war, a crisis, or a disaster, they send messages and representatives to connect with and support their citizens in whichever country it may be, followed by actions for their rescue. Unfortunately, the same cannot be said for African leaders in most cases. Looking at this situation, one can see that we lack this aspect.

In his remarks, Omid (Moroccan) also suggests that:

I am comfortable doing my job. For me, there is little that needs to be done. So, it is what it is. The only thing they could change is... The only issue that does not assist, even for the Portuguese, is the tax problem. For instance, most establishments do not accept card payments wherever you go. They only accept cash. Moreover, the more people can transact easily, and the more the government cooperates by being assertive with taxes, the more I believe that the country will have more significant opportunities to improve life for everyone, including an increase in salaries and many other aspects.

In support of this, during the interview with João (Angolan), the stigma surrounding migration as merely an escape from poverty is contested. João emphasises that many migrants, including highly qualified individuals, pursue migration for various reasons beyond economic necessity. Nevertheless, misconceptions persist, impeding the integration process, as some migrants may encounter prejudice and limited opportunities despite their qualifications and abilities. Similarly, he advocates for the moderation of salaries and the expansion of the labour market in a way that accommodates all those wishing to live and work in Portugal:

I believe that migrant communities are increasingly growing on a global scale. This could be a positive development as it keeps those looking to migrate well-informed and boosts the revenues of many involved countries. However, the primary mistake nearly all those departing made is a lack of sufficient information about the process. Many Africans wish to migrate to Europe, yet only 20-25% of these individuals are well-informed beforehand about life here. Had they been, they might need to reconsider their decision or arrive better prepared. Many individuals move to this country for various reasons, such as education, employment, healthcare services, and, most importantly, a better quality of life. I recall some people who arrived here with little to nothing and ended up securing minimum-wage jobs. Most workers here receive the national minimum wage, which is relatively low. Now, as they have families and the salaries are inadequate to cover rent, transport, healthcare, electricity, water, gas, and other essential needs, they find themselves trapped in a cycle where they can only survive.

Moreover, when unexpected circumstances arise, their lives may end. Therefore, I regard this as an unrealistic life or the life we initially envisioned.

Moreover, Henry (Nigerian) advocates for strict controls on unauthorised entry into the country.

To secure the lives of migrants and their citizens, the government of Portugal must first address the mafias and others bringing illegal migrants into the country. People should enter through the regular route. Numerous unlawful migrants working in challenging situations could harm the country's image in the international community. The government should

endeavour to accept the migrants and facilitate their documentation so they can obtain residency. It will require effort, and it may take time, but we will confront it.

The integration subtheme (vulnerability) also appeared in Uzoamaka's submission (Nigerian), who believed that the authorities responsible for authenticating marriage and academic documents required by migrants should make this process less time-consuming to facilitate easier integration into society.

Regarding documentation, the positive aspect is that before authenticating anything they are uncertain about, they always contact the embassy of the applicant's country regarding the authenticity of the documents. This uncertainty can be resolved when the embassy provides clarification on the matter. While this is commendable, at least an effort should be made to expedite the process. However, the Portuguese system could be implemented quickly in many areas. If you require something, it could take years, and I have resigned myself to that reality. I have had to don my garment of patience to get things done. Therefore, when I mention respect, they should listen more attentively.

On their part, the government may need to recruit more individuals because they often tend to favour hiring those from the CPLP, possibly due to language factors. However, they should be more open to bringing in people to assist them, as frequently, when one visits a location, they might be asked, "Oh, are you Portuguese?". Perhaps they can use that system to exclude you, but the offices staffed with older women do not think as quickly as younger individuals.

Furthermore, many teenagers and young adults are migrating away due to the absence of 'dream jobs' in Portugal. This has an impact on the region's demographics. It is evident that older adults are often seen as unproductive and should rest at home.

In a subsequent interaction, Gabriela (Santomean) offers the following suggestion:

The government may now reform its policy regarding the police's proximity to immigrants. One must be near someone to observe their life or ascertain whether they have any needs.

Conversely, in line with the facts mentioned earlier in the theoretical section, which assert that migration is a transnational process, Amélia (Santomean) believes that policy changes by African leaders could boost human development and improve the functionality of systems at home:

Each African government must implement measures to modify national policies that encourage young people to migrate less, allowing them to remain in their home countries and contribute to their growth. Many African individuals migrate to locations where they can pursue higher education, find employment, play football or engage in various sports, represent different nations, conduct business, and contribute to the development of those nations rather than their countries of origin. Thus, we must consider both local and global perspectives.

Table 9 presents data collected from the thematic analysis showing the themes identifiable from the condensed example of interview responses to the question “what measures do you think governments should put in place to address the insecurities of migrants?” It further shows the number of participants whose opinions align with an identified response. In this regard, the subthemes relating to government and society and vulnerability, such as those of human development (community impact and adaptation), integration (vulnerability and adaptation), and the labour market (government and society)—were recognised as recurrent themes reflecting migrants’ expectations of government action to tackle these challenges. This is based on various interactions and the interpersonal challenges migrants face concerning their engagement with the broader society.

Table 9. Example of interview responses to the question, “What measures do you think governments should implement to address the insecurities migrants face?”

Themes contributing to challenges	Example of quotes from interviews	Number of responses
Human development	“I think that governments of sending countries need to do more to protect and assist its citizens living abroad.”	19
Integration	“The receiving country can provide social support and adequate conditions to support life.”	21
Labour market	“In my opinion, governments needing services can call for skilled labour, with offices established to guide migrants.”	1
Integration	“There need to be a general change of policies that guarantee the rights of migrants”.	26
Integration/labour market	“Governments can do well if they can enforce policies of the police being close to people. And maybe moderation of taxes and increase salary of workers.”	7

5.9. Government policy on addressing the issue of climate change

Government and society

As in the preceding section, government, society, and adaptation were recurring themes in the interview responses (Table 10). While offering diverse opinions on government responses to climate-induced migration, the interviewees commonly advocate for more accommodating visa policies, improved border control measures, and collaboration among governments at all levels to achieve better outcomes. They also emphasize balancing humanitarian concerns with national security interests, calling for a pragmatic approach to tackling the complex challenges of climate displacement.

In this regard, Paulo (Santomean) believes that improved management of natural resources could help mitigate the effects of climate change, connecting the water scarcity in his country to poor government management and their failure to harness and distribute rainwater for public consumption effectively:

Climate change impacts the whole world, and improved management is essential. In Africa, for instance, Angola is experiencing a drought. There are areas where people eat babo, but in São Tomé and Príncipe, it rains daily, yet the water supply does not reach the entire population. Therefore, resource management is another approach to addressing such a problem.

Regulation of gas emission

Furthermore, Gabriela (Santomean) connects the success in managing environmental pollution to the enactment and the degree of compliance with government policy:

Governments can do much to address this issue. Measures are in place in Europe to remedy environmental concerns. However, generally speaking, each government should enact laws to reduce the number of cars and other modes of transport that burn fossil fuels and energy, as these can significantly harm the environment. It is crucial to implement laws that discourage actions that worsen the situation. Additionally, it would be beneficial if the public adhered to these laws.

Collaboration and human development

In a different dimension, yet in agreement with the submission as mentioned earlier, João (from Angola) has the following to say:

For climate change, resolving this issue primarily depends on educating people. Alternatively, providing proper orientation is the first step in addressing this menace. The problem of environmental sustainability is an urgent concern worldwide. However, this can only be achievable if individuals and those to whom this responsibility falls possess the necessary awareness of the issue's scope. Therefore, as you pointed out, people must be displaced. Nonetheless, possessing basic knowledge of natural events and their environmental impacts can enable almost everyone to become a protector of their surroundings. Consequently, our leaders in Luanda, Lisbon, and elsewhere should begin by fostering such awareness before pursuing professional solutions. Thus, while climate change is not a natural phenomenon, it provokes migration; if managed properly, it should be for those with the means.

Table 10 presents data collected from the thematic analysis, illustrating the themes identified from the condensed examples of interview responses to the question, 'What measures do you think governments should implement to address the issue of climate change displacing people?' It also indicates the number of participants whose opinions align with each identified response. In this regard, themes such as government and society—encompassing community resilience and collaboration—as well as adaptation—covering drought and the management of scarce resources, along with community impact, which includes human development—were recognised as recurrent based on the expectations of migrants following various interactions rooted in their interpersonal challenges and those faced about the larger society.

Table 10. Example of interview responses to the question, 'What measures do you believe governments should implement to tackle the issue of climate change displacing individuals?'

Themes contributing to challenges	Example of quotes from interviews	Number of responses
Collaboration	"In that regard, I think it will be great if countries affected would collaborate with EU, UN, etc to increase capacity to respond."	20
Integration	"The countries need to learn to manage their resources well. Maybe they should train the ones displaced by climate change and prepare them to be employable."	28
Regulation of gas emission	"I suggest that each government enacts laws to reduce the number of cars and other means of transport burning fuels."	1
Human development	"It will be good when foreign countries include other languages in their school curriculum."	17
Drought/management of scarce resources	"Climate change affects the entire world. Better management is needed. In Africa for example, tell me Angola has a drought, there are areas where people eat babo, but in São Tomé and Príncipe, it rains every day, yet the water supply does not reach the entire population. So, management of resource is another way to solve such problem."	1

5.10. Government policy on addressing the issue of unauthorised migration

Government and institutions policies

In this part, the recurring themes were government and society, community impact, and adaptation (Table 5.10). Regarding the measures that governments could take to address the issue of unauthorised migrants at their borders or those entering their countries, Ana (Angolan) advocates re-evaluating the integration process, primarily through the lens of the skills and competencies that migrants bring. She suggests that institutions responsible for migrant legalisation, such as SEF (Serviço de Estrangeiros e Fronteiras, now *AIMA - Agência para Integração, Migração e Asilo*), should play a proactive role in assessing migrants' skills and qualifications upon entry. She also believes collaboration between immigration authorities, employment centres, and social services is crucial to effectively match migrants' skills with existing job vacancies and societal needs.

What could be a starting point is that Portugal has to know who is coming in, who is entering, and what can be benefited. The entry point for me is legalisation because, in any part of the world, you could only do something as an immigrant with this documentation. Moreover, from there, start channelling efforts towards integrating them into the labour market and society, channelling the filling of vacancies sought after and still needs to be taken. It is also essential that the Employment and Training Centres and the Ministry of Social Security and Works must be working together with the SEF. Once this legalisation process can be efficiently linked to registration at the Job Centre, it becomes easier for individuals to secure professional integration opportunities and continue pursuing their goals.

In another interview, Rafael (Santomean) expressed that the Portuguese government effectively opened its borders to foreigners. However, he hopes that the governments of the host countries will welcome and embrace the incoming migrants and, if possible, employ them to contribute positively to society. In his words:

First, we must remember that those leaving their countries for another are also human beings. Acknowledging this, governments, through various bodies like the CPLP (Community of Portuguese Language Countries), should embrace these individuals and facilitate their legalisation. This will provide them with a sense of belonging and may motivate them to repay their loyalty and support the growth of the country's economy. I cannot say everything here, such as ... It is not solely about Portugal, but also concerns governments worldwide because any nation, I believe, can host migrants according to its capacity.

Luis (Angolan) also remarked:

It is necessary that governments, at the local level, reanalyse the causes of migration. The phenomenon occurring in any society or region provokes people to leave. Moreover, these issues sometimes need to be identified and addressed, leading many individuals to seek better living conditions or realise their dreams elsewhere. This should be a significant concern for local authorities. Consequently, the government must explore establishing at least the minimum conditions to enable these individuals to realise their dreams locally and remain in their home countries. For instance, if the Angolan government had been more attentive to improving our educational system and collaborated with foreign or local institutions to offer rare courses, such as language sciences at the doctoral level in my institution, perhaps I would not have had a reason to leave. I would not have come here at any moment. I would never have considered applying for a scholarship in other countries or studying abroad. It was due to my country lacking such arrangements; otherwise, you may not have known me, and I would not be here discussing this matter with you if the governments had implemented these conditions locally. Although it may not eliminate migration, it can appreciably reduce the migration flow in many countries worldwide. It is achievable. However, determination must be present. They possess resources, revenues, and a budget, as citizens pay taxes and insurance in every country and partake in businesses that contribute to the government treasury. Thus, it is not an impossibility. They should act positively, ensuring no harm comes to the citizens.

Integration/labour market

When asked for her thoughts on what the government of Portugal could do to ensure the safety of migrants living in the country, Cidália (from São Tomé) offers the following suggestion:

The government should begin to view migrants from a different perspective. This should serve as the first step. On many occasions, some governments impose conditions that appear to benefit them but are designed to restrict the influx of migrants from developing nations. This occurs in America and, in various parts of Europe, national assemblies could propose legislation limiting immigrants' access. In the case of Portugal, they may only address some migration issues incrementally, but they need to demonstrate interest, at least in this regard. They can start by revising specific policies that fail to provide freedom to migrants. I recall an experience with former employers who were selective in offering positions to non-natives; they would inform some applicants that they did not accept Africans or Brazilians. Some landlords would only express interest in renting if you hailed from their preferred background. The government should acknowledge migrants, who have been documented to hold legal permits, which may grant them concessions on taxes and rents. When the government can tackle this by implementing migrant-friendly policies, its citizens will likely follow suit.

Likewise, Uzoamaka (Nigerian) believed that the agency responsible for immigration should enhance its services:

I would replace the inefficient staff. I would hire individuals who are quick thinkers, ensure the SEF staff operate around the clock, and encourage them to be more empathetic. During one of my visits, we received a document for a young man in Canada, but we needed a declaration from Portugal stating that he had lived there from this period to that period. When we arrived at SEF, we had waited the entire morning. By noon, four staff tables were working, and the three women declared, "Oh quero almoçar", and left the room filled with migrants. Only one woman, when asked "Não queres almoçar?", replied "Não, depois".

Furthermore, she worked and tended to everyone alone while the others were away for lunch for two hours.

In another discussion, Leonardo (Guinea-Bissauan) applauds recent government policies to curb unauthorised migration, which have significant implications for immigrants' living conditions and opportunities. He appears concerned that these policies, such as restrictions on housing and heightened financial requirements, present substantial barriers for migrants, potentially prompting them to reconsider whether to stay or return to their home countries:

They could enact a law. They implemented one at the end of last year, prohibiting people from renting out rooms or selling their house. When they began to halt the sale of houses to migrants, if one wishes to proceed, they must rent the house, and some individuals might disapprove of that. This is one way to restrict people or attempt to send them back home.

In his speech, Xavier (Cape Verdean) also advocated for easing visa restrictions in certain countries and urged the SEF to facilitate the regularisation of migrants.

In this case, the priority is to moderate the laws that withhold visas from intending migrants, providing each one with equal opportunity—I can refer to this as equal treatment and the necessary attention. Subsequently, SEF would facilitate straightforward documentation, enabling those arriving to become legal residents. This way, they would be better positioned to contribute to the growth of the Portuguese economy.

In line with the opinion mentioned above, Amélia (Santomean) remarks:

One thing the government should do to promote the well-being of migrants is to recognise foreign certificates and offer holders of such certificate jobs commensurate with their qualifications. Once the appropriate policy is established and implemented, this may prove straightforward.

Furthermore, Luís (Angolan) submits the following:

Everyone has a part to play. From the government's perspective, providing shelter to migrants is insufficient. Instead, within these shelters, the government could establish skill acquisition centres, offering training to these groups. This form of empowerment can enable them to become assets to their hosts or anyone needing the services they can provide. For migrants, being receptive to knowledge and demonstrating good behaviour can enhance their image and credibility.

Cidália (Santomean), on her part, advocates instead for the establishment of transnational communities in various regions where migrants can be found:

It is essential to establish a transnational community. I recall that there is this community among the Brazilians here. If such communities did not exist, having them in place would have been vital because, in my view, they provide a sense of belonging, responsibility, and a voice for those who migrate. I refer to a supportive association; for example, if a colleague arrives and requires contacts for accommodation or other services, it will be easier for them. Let us foster that sense of community and unity.

In another conversation, Daniela (Angolan) believes that the government should be more considerate when making decisions regarding migration-related issues. In her words:

Governments have the right to deport individuals they believe have entered their territory illegally and the authority to decide whether to retain them. While this choice rests with them, they should consider it, recognising that these individuals will undertake job roles and services that others may be unwilling to accept. In doing so, they also contribute to the growth of the economy.

Human development

Bisola (Nigerian) also stated that:

What the governments of receiving countries, particularly those at the borders, can do for individuals seeking asylum from life-threatening circumstances is offer a listening ear and provide shelter for them. The governments of sending countries must establish a healing process for national development and to enable citizens to reach their full potential. Our political leaders need to reorient their focus towards the people. There must be an equitable distribution of wealth and resources at national, regional, and local government levels. This is another way to mitigate frustration within specific segments of society.

Another interviewee, Stanley (Nigerian), advocates for a more inclusive policy in addressing issues related to such migrants. In his words:

Portugal is doing well in providing shelter to people experiencing homelessness and others in need. However, it must open its doors to welcome these individuals and assist them in becoming productive members of society, thereby contributing to the development of both themselves and the nation.

António (from Cape Verde) has the following to say:

Anyone intending to migrate should do so legally. They should obtain a visa, have a destination, and have a clear motive for travel. Issues may arise when an individual is not mentally ready to move and live in another country. The environment, people, and life in general will differ, and this may cause discomfort without proper preparation. This problem can be fully addressed from home if the governments of the migrants' countries of origin do not allow these individuals to leave under such circumstances.

Table 11 presents data gathered from the thematic analysis, illustrating the themes discernible from the condensed interview responses to the question, "What measures do you believe governments should implement to tackle the issue of unauthorised migration?" The table indicates the number of participants whose views align with a specified response. Consequently, themes such as those related to human development (adaptation), integration (vulnerability), the labour market (government and society), and collaboration (government and society, community impact) were recognised as recurring from the migrants' expectations following various interactions, reflecting the interpersonal challenges faced by migrants as well as those encountered in their interactions with the broader society.

Table 11. An example of interview responses to the question, “What measures do you believe governments should implement to tackle the issue of unauthorised migration?”

Themes contributing to challenges	Example of quotes from interviews	Number of responses
Human development	“One way that governments can help is by helping to improve the situation in the places these people are coming from.”	11
	“When each country enacts policies to develop their country migration would subsequently reduce.”	21
Integration	“The first step is to accept them, following legislative and judicial legal processes, and create vocational centres for their training.”	24
	“If all concerned governments fortify their borders and be more embracing in granting visas, all these insecurities may never exist.”	2
	“Depending on their capacity to provide, governments of host countries should integrate such migrants. But where they are unable to do so, they can expatriate them in dignified conditions.”	5
	“The governments of receiving countries need to recognise foreign certificates and offer holders of such the jobs equivalent to their qualifications.”	8
	“First, the governments of the countries of the emigrants can begin to work internally to prevent their family from running the risk of emigration. Secondly finding protocols, socio-economic agreements that facilitate those who make the decision to emigrate, so that when the emigrant arrives here, he can have access to the social services.”	26
Government and institutions policies	“In this case of Portugal, institutions responsible for migrant legalisation, such as AIMA, should play a proactive role in assessing migrants' skills and qualifications upon entry to decide where to place them.”	19

The thematic analysis of interviews with African migrants in Portugal and individuals engaged in transnational migration reveals a nuanced understanding of the challenges, opportunities, and strategies individuals employ to navigate migration and integration processes. The identified themes illuminate the complexities of cultural adaptation, economic disparities, policy implications, and social support in shaping migrants' experiences and contributions to their host and home countries. By addressing these themes, researchers, policymakers, organisations, and communities can gain valuable insights into the diverse realities of migration and its multifaceted impacts on individuals and societies. They can also develop informed strategies and interventions to support the well-being, integration, and empowerment of migrants, fostering inclusive societies and promoting mutual understanding and collaboration between diverse cultural groups.

CHAPTER 6

DISCUSSION

African migration takes various routes, significantly influencing demographics within and beyond the continent. Primarily, African migrants travel to Europe, the United States, and Canada, with the European Union emerging as a key destination over the past two decades (Caarls et al., 2021). The EU has experienced consistent immigration growth, hosting approximately 35% of the international migrant population and making up around 17% of its workforce (Caarls et al., 2021). Specifically, in 2019, the EU-27 had roughly 37 million foreign residents, including 782,000 in Portugal (Statista, 2024).

The significant economic contributions of migrants are widely acknowledged, manifesting in their countries of origin and settlement. This research interviewed African migrants in Portugal, primarily economic migrants, who positively influence the host country's economy through various roles in trade, education, business, and the labour force. This recognition is evident in facilitating external assistance to the home country through remittance flows and substantially enhancing local productivity in the host country.

The semi-structured interviews used questions that focused on key points relevant to the research questions and appropriate to the respondents' roles and positions. The data were analysed to identify the main categories and themes following the framework proposed by Braun and Clarke (2006). The recursive analysis process involved movement back and forth between different phases.

The research aimed to understand how having a different nationality or ethnicity influences the life experiences of individuals living in Portugal and their decisions to relocate or adapt, intending to identify grounds for intervention. Our results demonstrate that these factors considerably impacted the individuals interviewed.

Specifically, as previously mentioned, it was evident that the participants are primarily economic migrants with the potential to enhance their host country's economy, as many are engaged in trading, studying, or being part of the labour force. Notably, the duration of stay among participants varied, with a significant proportion indicating intentions for long-term settlement. This trend reflects the potential for sustained economic and social contributions, reinforcing the interconnectedness of the migrants' transnational lives and the reciprocal benefits for both host and home countries.

This study explores the various aspects of migrants' self-perception. It connects them with the perspectives of migration scholars who have sought to understand the challenges faced by migrants from Portuguese-speaking African Countries (PALOP) regarding the insecurities, threats, and vulnerabilities that African migrants encounter while living in Portugal. This approach aims to provide a broader perspective on the events that shape migrants' everyday life experiences and highlight the methods of addressing the problems these groups face, particularly concerning their well-being and integration into Portuguese society.

In most responses, the interviewees indicated that, regarding physical security, the country is relatively risk-free compared to other nations within the European Union. This viewpoint was shared by Portuguese-speaking migrants and those from various parts of Africa. Thus, consistent with Bretones and Santos (2020), security and physical safety are essential for further promoting migrant well-being. Although there is a substantial amount of literature addressing the vulnerability of women and children, male adults have recently begun to receive more attention (Grotti et al., 2018; Boyd, 2021; Metzner et al., 2022; Mwenyango & Palattiyil, 2022; Norman & Reiling, 2024), as they too face vulnerabilities but generally possess a greater capacity to adapt to challenges. This may be connected to the common perception of them as one of the most vulnerable groups in society, making them even more likely to endure a range of psychosocial risks in public spaces; the well-being of migrants is paramount and warrants our attention (Zhang et al., 2023).

In addition to the language barrier and accommodation issues, the interviewees highlighted job security and access to medical care as crucial challenges that place them in more vulnerable

positions (Whitaker et al., 2021). This finding was not surprising, as previous studies have suggested that both international and internal migrants face similar difficulties, including language barriers, information gaps, and discrimination (Oğuz & Özçevik, 2014; Taurini et al., 2017; Olier & Spadavecchia, 2022; Heymann et al., 2023; Wang & Shen, 2023; Olier & Spadavecchia, 2024; Cai & Zimmermann, 2024; Statham & Foner, 2024).

Furthermore, most interviewees (n = 25, 83.33%) expressed their intention to return to their countries of origin. In contrast, a small number (n = 5, 16.66%) indicated, based on their experiences, a desire to either remain in Portugal or explore other countries if opportunities presented themselves. Economic motivations were predominant when interviewees discussed their reasons for migration. While it is commonly believed that job opportunities serve as the primary push factor for economic migrants' movements, it is noteworthy that most respondents sought access to quality services and improved living conditions, particularly in areas such as education, family reunification, employment, business, tourism, and overall quality of life. However, one respondent reported being driven by political instability and war.

Generally, the participants emphasised the idea of leading a transnational life and expressed their desire to contribute positively to their host and home countries. They recognised the reciprocal benefits of migration for home countries, such as sending remittances, exchanging knowledge and skills, and participating in social and economic activities. They believed their movements benefit their host countries primarily through engagement in trade and business, which employ locals and other migrants, higher education enrolments with subsequent payments of tuition and rent, academic publications, enhancements to the labour force, tax contributions, and shopping. These factors surpass the benefits derived by host countries from student migrants alone (Neto, 2020). These activities demonstrate the substantial economic impact migrants have on both their home and host countries, which can be further strengthened as migrants continue to build transnational communities that foster symbiotic relationships, promote positive contributions, and engage meaningfully in ways that influence society socially and economically, culturally, and politically (Neto, 2021b; Neto, 2022; Bond, 2022). This theme underscores the interconnectedness of economic systems and the role of migrants in shaping financial landscapes.

Despite these contributions, African migrants in Portugal face significant barriers due to their language proficiency. It is widely acknowledged that the primary challenge typically encountered by migrants in a new country is language. This issue is apparent in their daily lives, contributing to increased discomfort (Samkange-Zeeb et al., 2020). One respondent emphasised how language barriers hindered his ability to connect with others and navigate everyday interactions, even leading to practical problems, such as missing flights. The unpredictable nature of linguistic challenges, food preferences, and the need for rapid adaptation presents significant obstacles. In this same vein, the difficulties of navigating and adjusting to new cultural norms—especially concerning food, social interactions, and daily practices—continue to pose a considerable issue for African migrants in Western countries (Gopalakrishnan, 2019; Monterrosa et al., 2020).

The discussions with interviewees reveal the complexities of cultural identity and adaptation, highlighting potential clashes between their heritage and Portuguese culture. Respondents acknowledged cultural diversity as a universal experience in their home and host countries. While most respondents indicated they can access basic amenities such as electricity, water, and gas, a few still struggle to obtain three meals daily. Notably, some interviewees reported losing their cultural identities or values while embracing the host culture, emphasising the challenges of navigating and adapting to new ways of greeting, dressing, food preferences, socialising, and religious inclination.

Notably, one Muslim respondent adopted Western culture after marrying a Portuguese woman and subsequently lost all reminders of his identity before this shift. Besides these two cases, a significant majority recounted distressing experiences characterised by racial discrimination in schools and workplaces, insecurity stemming from difficulties in securing employment and decent means of livelihood, threats to their well-being through bullying at school, exorbitant tuition fees and rent for international students, and a lack of access to vital information. Additionally, they expressed vulnerability regarding unequal opportunities in the workplace, challenges in renting or renewing contracts imposed by landlords, being perceived as lacking the necessary skills, and often being targets of exploitation, which further compounds their vulnerabilities. This perspective on the challenges and adaptation of migrants illustrates the complexity of the migrant experience in

Portugal, emphasising the resilience and flexibility needed for successful cultural integration in any new environment.

To navigate these challenges, the interviewees highlighted various strategies to ensure their safety and survival while improving their quality of life in a new environment. Critical adjustments included developing awareness of their surroundings, pursuing education and new skills, and adopting a growth mindset. Additionally, they emphasised the importance of building transnational communities, relying on humanitarian support, and adhering to the host state's regulations. These approaches collectively contributed to their overall well-being and adaptation.

The data suggest that personal development, community engagement, and adherence to local regulations are crucial in enhancing individuals' quality of life as they transition to a new environment. Adaptation has always been an inherent part of human nature, especially since the stresses of life are inevitable when people face significant changes or challenges (James et al., 2023). In this context, it is essential to understand, support, and take more seriously how migrants cope with their acculturation experiences in a new cultural environment to ensure more impactful interventions.

Most participants recognised the Portuguese government's efforts to protect individuals within its territory. They asserted that Portugal presents a low-security risk and called for enhanced security measures to manage emergencies better. They also believed that policy changes by African leaders could improve human development and functionality at home, a critical factor that could diminish the desire to emigrate. Others advocated for improved cooperation and more flexible policies between Portugal and other nations regarding visas and migrant integration.

Participants also suggest that governments of sending countries could provide pre-departure training to migrants to ensure they acquire the necessary skills to boost their chances of employment, similar to the successful integration of Brazilians into the Portuguese job market due to their comparable professional skills. A major highlight was the need for closer collaboration between Western and African leaders to address local issues, especially human development, and

the urge for African leaders to use state resources wisely to build essential infrastructure. While it was also stressed that the receiving country needs to offer more lenient documentation processes to non-CPLP migrants, governments of sending countries are also expected to maintain a close relationship with their citizens abroad, especially during emergencies.

This can be achieved by establishing foreign envoys and consulates among countries, where every country has a home office in all countries, whether they share economic ties or not (Spies, 2019). In sending them, each government must also put measures in place to protect their diplomatic and consular missions and representatives by responding adequately to violations committed against such personnel in receiving states, ensuring continuous international relations among them.

Some interviewees challenge the stigma that migration is solely an escape from poverty, noting that many highly qualified migrants seek better opportunities for various reasons but often face prejudice and limited opportunities (Rimoldi and Barbiano di Belgiojoso, 2021; Fuseini et al., 2023).

All responses advocate for increasing salaries and an expanded labour market in Portugal to accommodate willing workers while also calling for strict regulation of unauthorised migration. Additionally, interviewees recommend that authorities streamline the authentication of marriage and academic documents to facilitate migrant integration into Portuguese society. Finally, it was suggested that the police reform policies to maintain closer proximity to immigrants, allowing for better observation and assistance in addressing their needs.

Climate change is a global issue that requires improved management (Filho et al., 2023). The responses from the interviews highlighted the contrasting situations in Africa. For instance, some interviewees noted that Angola has been facing severe droughts since departing from home. In contrast, in São Tomé and Príncipe, daily rainfall fails to ensure a consistent water supply for the entire population, forcing residents in some areas to abandon their homes (Chou et al., 2020; Hermans & McLeman, 2021; World Bank, 2023a; World Bank, 2023b). Effective resource management is vital to addressing these disparities.

Governments can play a significant role in mitigating climate change through various measures, as suggested by interviewees, including enacting laws to reduce the use of cars and other fossil fuel-powered transport, which contribute to environmental degradation. In this regard, Europe is implementing specific measures to tackle environmental concerns, including pursuing zero pollution concerning harmful chemicals, phasing out fossil fuel subsidies, and alleviating critical environmental and climate pressures related to production, consumption, and carbon emissions: the European Green Deal. This initiative could serve as a model for other regions (European Parliament, 2021).

Furthermore, many respondents expressed that public education and orientation are crucial initial steps in addressing climate change. Raising awareness about the issue is vital for environmental sustainability, as individuals must comprehend the impact of their actions on nature to become proactive guardians of their surroundings. Regional leaders were strongly recommended to prioritise creating such awareness before pursuing professional interventions. According to some participants, migration driven by climate change should be managed appropriately, with attention given to supporting those affected and those who wish to migrate. This comprehensive approach, which combines legal measures, public education, and effective resource management, is essential for addressing the urgent need for global environmental sustainability.

Like in many other developed or industrialised countries, Portugal also finds itself grappling with the growing number of unauthorised migrants fleeing from developing nations and attempting to gain entry across its borders as illegal migrants (Makan, 2022). In this section, the participants shared their thoughts on what Portugal could do to address this issue. Like many nations, the findings suggest that Portugal must refine its approach to managing migration to harness its benefits effectively. A critical starting point is the legalisation process, which allows migrants to participate in employment and integrate into society.

Collaboration among the Employment and Training Centres, the Ministry of Social Security and Works, and the SEF, now known as AIMA, was essential for the swift legalisation of migrants and their entry into the job market. This promoted professional integration and individual aspirations.

Governments, including Portugal's, should embrace migrants by enhancing their legalisation to foster a sense of belonging and economic contribution.

Moreover, home countries can alleviate emigration pressures by fostering supportive local conditions and enhancing educational systems. Countries hosting migrants must adopt migrant-friendly policies, such as ensuring equal treatment, simplifying documentation processes, and recognising foreign qualifications. Such policies enable migrants to contribute effectively to both the economy and society. It is also crucial to address discriminatory practices in employment and housing. The well-being of migrants can be further advanced by establishing skill acquisition centres and recognising foreign certificates, thus empowering them as valuable contributors. For migrants, lawful migration and readiness for cultural integration are essential. Governments must also reconcile their authority to deport with the potential economic contributions of migrants, considering their willingness to undertake jobs that natives may avoid.

Building transnational communities offers migrants a support network, boosts their sense of belonging, and aids their integration process. Overall, the research highlights the multifaceted responsibilities of both sending and receiving countries in managing migration, ensuring that legal, social, and economic frameworks support migrants while also contributing to national development.

Connecting the migrants' personal experiences with the views of sociologists and the general public, it becomes crucial to deduce that the data gathered from those interviewed in this study closely aligns with the latter's opinions. Firstly, as shown in the survey, migrants faced numerous challenges related to integration, including difficulties with documentation, securing employment, feelings of loneliness, non-acceptance, and a lack of access to adequate information regarding their career paths. The loneliness experienced by migrants was highlighted in the works of Neto (2006), who examined the levels of loneliness among Portuguese-speaking African migrants in Portugal and identified self-esteem, duration of stay, and perceived discrimination as significant predictors of loneliness across various migrant groups in Portugal.

This experience reflects the broader understanding that migrants often encounter challenges, such as loneliness, when acclimating to and adapting to their new society. It is widely acknowledged that leaving one's home country can bring numerous difficulties. In particular, as African migrants are regarded as a vulnerable group, it is common for them to face significant obstacles related to integration and acceptance in foreign societies, including the USA, Europe, Canada, and more (Lau, 2023).

One of the foremost issues is cultural and social integration. Migrants may find adapting to different cultural norms, languages, and social practices challenging, leading to isolation and alienation (Okeke-Ihejirika et al., 2020). For instance, African migrants in France have reported feeling marginalised due to cultural differences and language barriers, making it challenging for them to fully integrate into the community (Africa no Filter, 2024). The struggle to balance their cultural identities with those of the host country can be an ongoing source of stress and conflict.

Another prominent challenge is the discrimination and xenophobia that African migrants may encounter in Europe. This encompasses overt racism and more subtle forms of bias that can impact various aspects of their lives, from employment opportunities to social interactions (Baltasar, 2023). For instance, in Italy, there have been occasions where African migrants have experienced considerable racial discrimination, affecting their capacity to secure jobs and housing. Such prejudices obstruct their socioeconomic mobility and influence their mental health and sense of belonging within society (Vines et al., 2017).

Economic challenges also present a significant hurdle for African migrants. Despite possessing the necessary skills and qualifications, migrants frequently struggle to secure employment that aligns with their experience due to systemic biases and a lack of recognition of foreign qualifications (Manuti, 2020; Fejes et al., 2022). In Spain, for example, many African migrants find themselves working in low-paid, precarious jobs despite having professional backgrounds in their home countries (Fernández García et al., 2023; González Enríquez, 2024). This economic disenfranchisement can lead to poverty and limit their ability to support themselves and their families, both in Europe and at home, perpetuating a cycle of financial instability and hardship.

The instances of delayed documentation, bullying, language barriers, loss of cultural identity, challenges in securing suitable accommodation, and concerns for personal safety, coupled with the high cost of living identified in the present research, corroborate public perceptions. Additionally, this aligns with the understanding that living and working abroad may necessitate specific adaptations, such as developing new social contacts, addressing language barriers, confronting challenges to ethnic identity, experiencing discrimination, and acquiring culturally appropriate skills and psychological resources in the new context, which may influence the loneliness experienced by migrants (Neto et al., 2022).

These authors hinted that loneliness is a significant challenge migrants face, particularly the 'newly arrived'. They referred to migrants' perceptions of discrimination, which serve as an acute acculturative stressor, as the subjective interpretation of being mistreated due to prejudice and discrimination. In their study, they found that perceived discrimination was negatively associated with life satisfaction and mental health, resulting in higher levels of loneliness.

In particular, research on the factors associated with loneliness among adolescents and young adults often yielded discordant outcomes. For instance, while most studies reported reduced levels of loneliness in migrants with a long duration of stay in the host country (Ullman & Tatar, 2001; Neto, 2002), some studies found that the psychological distress of immigrant adolescents did not lessen over time (Mirsky et al., 2002), supporting Tartakovsky's (2009) general idea that immigrants often have lower psychological well-being than host-nation adolescents. However, those who participated in this study are documented, and their economic profile is not on the lower side, suggesting a group with high potential to cope with migration challenges.

Concluding Remarks

Drawing on in-depth interviews with 30 African migrants residing in Portugal, this research analyses the insecurity, threats, and vulnerabilities these groups face and their efforts to navigate these challenges. It also offers essential suggestions to stakeholders on effectively addressing these and other migration-related issues. The findings underscore the complex dynamics of African migration to Portugal, highlighting both the contributions made by migrants and the challenges they encounter. Predominantly economic migrants, many participants actively contribute to the host country's economy through trading, studying, and engaging in the labour force.

As in other places, African migrants heading to Portugal are also likely to encounter cultural clashes; however, they typically find ways to navigate and blend their heritage with Portuguese culture. The interviews highlighted the complex interplay between cultural identity and adaptation, emphasising the resilience necessary for successful integration. Predominantly classified as economic migrants, many respondents noted the reciprocal benefits of migration, including tax contributions, remittances, and involvement in social and financial activities that enhance the economic landscape of both their home and host countries. Although Portugal is regarded as a safe destination, migrants face significant challenges, such as language barriers, racial discrimination, bullying, accommodation difficulties, loneliness, high living costs, access to medical care, and job insecurity, which increase their vulnerability. These challenges underscore the need for policies that facilitate migrant integration and improve their well-being.

Effective migration management requires a comprehensive approach that includes legal, social, and economic frameworks. Furthermore, as the findings indicate, sending and receiving countries share multifaceted responsibilities in managing migration, ensuring that migrants receive support and can contribute effectively to national development. The research shows that combining personal growth, community engagement, and adherence to local regulations significantly improves migrants' quality of life. Additionally, migrants underscored the need for pre-departure training, enhanced cooperation between African and European leaders, and more flexible documentation processes to facilitate smoother integration and maximise their contributions to

society. This holistic approach is vital for brightening the future of African migrants in Portugal while harnessing the advantages of migration and promoting sustainable economic and social growth.

Limitations and Future Prospectives

The research, based on in-depth interviews with 30 African migrants in Portugal, provides valuable insights into their experiences of insecurity, threats, and vulnerabilities. However, the relatively small sample size and focus on a specific demographic group of predominantly economic migrants (which could restrict the depth and breadth of the findings) may affect the generalisability of the results, as they may not completely capture the diverse experiences of the broader migrant population in Portugal.

Furthermore, the limited duration for completing the PhD programme and financial constraints restricted the ability to conduct a more comprehensive and longitudinal study. These limitations affected the potential for broader geographic coverage, encompassing a wider variety of migrant experiences and the opportunity to undertake follow-up interviews. Consequently, while the study provides important insights, its findings may need to be interpreted within these limitations, recognising the necessity for further research to build upon these initial conclusions.

Future research can further investigate migrants' psychosocial risks in public spaces and their effects on overall well-being. Understanding the scope of these risks and creating targeted interventions could significantly enhance the migrant experience. Moreover, examining the efficacy of pre-departure training programmes and their influence on migrants' integration and success in the host country can offer valuable insights for policy development.

Comparative studies of migrants from various regions and their adaptation strategies could shed light on best practices for integration. Exploring the role of community engagement and support networks in improving migrants' quality of life and their contributions to the host society would offer a more thorough understanding of the migration phenomenon.

Research into the impact of cultural adaptation on migrants' mental health and well-being represents another critical facet of African migration that warrants deeper investigation. Longitudinal studies tracking migrants' adaptation processes and mental health outcomes over

time would yield valuable data for developing effective support systems. Furthermore, examining the role of host country policies in facilitating or hindering cultural integration could inform more inclusive and supportive frameworks.

Another area that requires thorough investigation is the impact of community and family support on migrants' adaptation and success in the host country. This information could inform the development of community-based interventions.

Further research into the long-term economic impacts of migrant contributions to home and host countries is necessary, as such findings can inform the analysis of the effectiveness of migrants and various legalisation and integration policies aimed at promoting best practices in managing migration.

Furthermore, research on the role of transnational communities in supporting migrants' integration and well-being would be advantageous. Examining migrants' viewpoints on the balance between cultural integration and preserving their heritage can offer a deeper understanding of their experiences and needs, guiding the development of more holistic and inclusive policies to create and sustain a transnationalised human society.

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APPENDICES

APPENDIX 1

Information leaflet for the interviews

The PhD student Simon Okechukwu Ayogu proposes this project for Doctoral research in Sociology, titled “Tourism and Big Data in Portugal in a post-COVID-19 world,” under the guidance of Professor Luís Cunha from the Institute of Social Sciences, University of Minho.

This research forms part of preparing a PhD thesis in Sociology at the Institute of Social Sciences of the University of Minho. The study aims to assess the individual situation of groups of migrants in the selected host country, considering the migrants' well-being and contribution to the host country's development. Given the rise in transitional migration for labour to many developed countries, it is essential to understand and improve the situation of migrants as it can have remarkable impacts on both their productivity and development and that of the country.

We hope that the study will be sincerely done with the accomplishment of interviews, and so we are most pleased to invite you to participate.

Participants

This investigation will principally involve migrants of African origin who have worked, traded, studied, or lived as refugees/asylum seekers in Portugal, the EU, or any other developed state for about six months to understand the insecurities and vulnerabilities of international migrants from developing nations. The leading target group will be adults with different characteristics (e.g., age group and gender).

Implications of participation

After obtaining the interviewees' free and informed consent, the interviews will be recorded using an electronic recorder (a mobile telephone is preferable). Each session lasts about 45 minutes on average, though the interview may last longer or shorter than the allotted time. The interview time should be framed according to the interviewee's availability and the course of the interview.

In any case, where the face-to-face interview is not feasible, a virtual meeting platform (such as Zoom) will be used with a guarantee to maintain confidentiality and privacy. During the face-to-face interview, the interviewee's signed informed consent copy (which can also be sent in advance by

email or signed at the interview) is collected and taken along. For distant interviews, the verbal consent of the interviewee will be obtained via an adequate digital platform for meetings and recorded.

The interview will not delve into participants' intimate or private matters. In circumstances of discomfort or anxiety regarding the questions posed during the interview, the

The interviewee will be free to refrain from responding and interrupting the interview.

The participant may request access to the interview transcript and request the deletion of parts of the interview.

Participants can withdraw from the project at any time if they are uncomfortable with a part of the interview.

Policy on future publications of research results

The interviewee's information will be this research's exclusive object of analysis. The sole aim will be to offer information to interest groups to benefit individuals and support states in making future decisions and managing migrant issues.

Research results will not contain the interviewee's name, contact information, or identifying information.

The researcher will duly record and archive all information obtained during the research. The recorded data (audio, transcripts, consent, etc.) is inaccessible to third parties except for the supervisor.

At the end of the project, the research results will be presented to the participant to validate their cooperation. This will be followed by deleting data from storage systems.

The researcher's contact information

PhD student of the Institute of the Social Sciences, University of Minho, Gualtar Campus,
4710-057, Braga, Portugal

Name: Simon Okechukwu Ayogu

Institucional email:

Alternate email:

Telephone:

Student's signature

Simon Okechukwu Ayogu



Date: __/__/__

APPENDIX 2**Interviewee's informed written consent.**

Research project topic: Transnational migration and (in)security: Challenges, threats, and vulnerabilities of immigrants: The present and future of the African Migrants in Portugal.

Course: Doctoral program in Sociology

Given the information contained in the information leaflet, we ask you to answer the following questions, indicating whether you agree to collaborate in the study:

I have read and understood the information leaflet provided to me, as well as the verbal information provided to me by the person/s who sign below about the objectives of the study.	Yes	No
I was given the opportunity to ask questions related to the study.	Yes	No
I got answers to all the questions I asked about the project.	Yes	No
I was guaranteed the possibility of refusing to participate in this study at any time without any consequences.	Yes	No
I agree to participate in this study and allow the use of the data that I provide voluntarily, trusting that it will only be used for this research and the guarantees of confidentiality and anonymity given to me by the researcher.	Yes	No

The researcher's name and contact

Name (capital letters):

Signature/s:

-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-

Interviewee's name and signature

Name (capital letters):

Signature:

Date: /..... /.....

THIS DOCUMENT IS MADE UP OF ... PAGES AND MADE IN DUPLICATE:

ONE COPY FOR THE RESEARCHER, ANOTHER FOR THE PERSON WHO CONSENTS.

IF YOU ARE NOT SIGNING YOURSELF DUE TO AGE OR DISABILITY

(If the minor has discernment, he must also sign above if he consents.)

NAME:

BI/CD N°: DATE OR VALIDITY /..... /.....

RELATIONSHIP OR TYPE OF REPRESENTATION:

SIGNATURE

APPENDIX 3

Interviewee's informed verbal consent

Research project topic: Transnational migration and (in)security: Challenges, threats and vulnerabilities of immigrants: The present and future of the African Migrants in Portugal.

Course: Doctoral program in Sociology

Consent type: Verbal

When face-to-face interviews are not feasible, the researcher will request verbal consent to participate in the study before conducting the interview.

Information record type:

Verbal consent will be audio-recorded.

Access to study information (before obtaining consent)

The information leaflet will be provided at the time of recruitment of participants, by email or other means preferred by respondents, making known their alternatives earlier (in person or from afar).

Consent obtaining process

- Before the start of each interview, the researcher will inform the participant that he will begin by recording the obtaining of informed consent.
- The researcher will read the following texts to the participant and adopt the sequential procedures presented below:

"Please rate whether you agree with the following statements, which are intended to ensure that you have all the necessary and adequate information to consent to participate in this study in comfortable and sufficient conditions.

You agree to participate in the study "Transnational Migration and (In)Security: Challenges, Threats and Vulnerabilities of Immigrants with a Special Focus on African Migrants."

I, Simon Okechukwu Ayogu, provided clear and detailed information about the study's objectives, importance, scope, and requirements arising from your participation in the study. You have read

the participants' information leaflet. All your questions have been answered sufficiently and understandably. You had enough time to decide whether to participate in this study."

At this point, the researcher asks: "Do you have any questions? Is everything clear?".

The researcher answers any question that the participant may ask. If the participant answers in the affirmative, the researcher continues reading the following text:

"You can interrupt the interview anytime without any negative consequences.

Should you want to end the interview, you can do so at any time, and both the interview and recording will be stopped immediately upon such request. If you wish to withdraw from the study after the interview, please contact the researcher (the information leaflet contains mobile phone and email; use whichever you prefer)."

Then, the researcher asks: Do you agree with these procedures? In the affirmative case, proceed with the following reading:

"You agree that your data will be collected, recorded, and analysed for this study. You agree to provide your contact details and for the interview to be digitally archived in a semi-anonymised format. This means that your interview will be anonymised for publication and dissemination of study results but semi-anonymized because the researcher may retain your data to contact you again, if need be, for a new interview. This will only happen if you agree to continue participating.

Only the researcher and scientific advisor can access their contacts, names, and other confidential data. The data will be deleted two years after the project's completion.

Finally, it is made clear that the researcher will share the results with the participants. Interested interviewees will receive additional information about the development and project results (e.g., event announcements and copies of reports/publications) via email. You can, at any time, choose to opt out of receiving these results.

"Please say 'Yes, I consent' if you wish to provide your informed consent to participate in this study."

APPENDIX 4

Guide to a semi-structured interview

(Example)

Interviewee's data:

Name*:	
Organisation/Institution*:	
Occupation:	
Responsibility at job*:	
Contact (email and / or telephone)*:	

Interview Questions

The semi-structured interview questions were drawn partly from issues on migration dynamics, including intentions, migration decision-making, routes, potential return to the country of origin and other migration-related aspects like COVID-19 impacts on migration, mobility and migrants, peace and security as drivers of development and safe migration, migration as a stepladder of opportunity, disinformation about migration, human trafficking in migration pathways, and migrants' contributions globally in line with studies in existing literature relative to the insecurities and vulnerability of the affected population—the following formed questions for the interview.

- (1). In which period did you leave your homeland?
- (2). When did you arrive at your present destination?
- (3). Is this your present destination your primary choice of destination?
- (4). Have you had a choice to leave your country of origin?

- (5). What challenges were you facing in your country before you decided to leave?
- (6). For what reasons did you leave your country?
- (7). Were you aware of potential migration risks before departing from your country of origin, such as robbery, detention or facing serious transportation accidents?
- (8). Do you put measures in place to mitigate these severe risks during your journey?
- (9). As a migrant, what significant challenges are you facing in your host country?
- (10). Can you compare your means of livelihood/living conditions with those of the citizens of your host country (in terms of basic needs: income, wages, three meals per day, access to light, gas, water, health services, etc)?
- (11). In what ways do you think your movement will or has benefited your host and home countries?
- (12). Did you face any challenges while seeking to retain your cultural identity while attempting to embrace the host culture?
- (13). Given your present condition, do you intend to return home or leave for another destination soon?
- (14). Were you sending remittances to your home country at any intervals, and for what significant purposes?
- (15). How do you manage security challenges and finding opportunities to make a living, high food prices, accommodation, etc?
- (16). What can be done to ensure the safety of the migrant residents in the country?
- (17). How can the government address the millions of people displaced by climate change?
- (18). How do you think governments can address the issue of unauthorised migrants arriving at borders and attempting to enter or currently reside in their countries?

SUPERVISOR'S ENDORSEMENT

(deve incluir apreciação relativamente a questões de ética)

(a preencher, manualmente, na fase de análise do processo):

Supervisor's signature