

University of the Free State



Analysis of the experiences of young Basotho women migrating from the Leribe District of
Northern Lesotho to South Africa

By John Taineomwangire.

2013121039

A mini-dissertation submitted in fulfilment of the requirements for the degree:

Master of Development Studies (MDS)

Faculty of Economic and Management Sciences

Centre for Development Support

Course Code: EDSD 7905

Bloemfontein Campus

Supervisor: Prof Lochner Marais

2025

DECLARATION

I, John Taineomwangire, hereby declare that this submission for the master's degree in Development Studies is my work and has not been submitted elsewhere for another qualification.

John Taineomwangire

Student number: 2013121039

Date: 19th June 2025.

Signature:

A rectangular box containing a handwritten signature in black ink. The signature is cursive and appears to read 'John Taineomwangire'.

DEDICATION AND ACKNOWLEDGEMENTS

This dissertation goes to the brilliant, young, brave women of Lesotho who migrate to South Africa in search of better opportunities for their families. It also goes to their undying strength, the sacrifices they make, and the incredible determination that defines them all.

It is with my whole heart, therefore, that I affirm its dedication to fellow comrades who always form part of me and spur me to work even more incomprehensibly and bring their light into the view of all concerned and eventually help them thrive.

I would like to take this opportunity to express my profound gratitude to my parents, Mr and Mrs Bwamunya, for lighting my academic candle, which has continued to burn bright to date, and to the Almighty for the strength, resilience, and perseverance that have enabled me to commence and complete this research.

I would also like to extend my heartfelt thanks to Prof. Lochner, who provided me with knowledge and support, careful criticism, and unremitting encouragement, which formed the touchstones for my journey. Your suggestions became the yardstick by which I measured my thoughts; your guidance taught me how to grasp my last breath of life and advance.

Now, I wish to express my deep thanks to all those young Basotho women who took part in this research by sharing their migration experiences openly and without fear. You formed the heart of this study and it has been an honour to record your stories. Without these women, it would have been impossible to conduct the research.

I also wish to thank my dear wife Annah and my friends Dr Abiola and Mrs Hellen who, too, have passed through this seemingly impossible time with me. Without your prayers, encouragement, patience, support and understanding, it would have been almost impossible for me to traverse these most challenging mysteries along the way in our pursuit of academic excellence.

It is my pleasure to thank all those who have lent a helping hand, big or small without all your help, the journey that has now reached completion would not have been possible.

ABSTRACT

This research aimed to examine the migration experiences of young Basotho women who migrated from the Leribe district in Northern Lesotho to South Africa. It targeted the factors and motivations behind their migration, the challenges experienced before and during the migration journey, and the socio-economic impacts of migration on them and their communities. The personal stories of these women were recorded using qualitative methods, namely in-depth interviews. It was found that the search for better livelihood opportunities and economic succour and the limited employment opportunities are some of the main triggers leading to women crossing the border to South Africa. However, when they cross the border, they experience several challenges. Racism and xenophobia, exploitation, and precarious work are among the dangers Basotho women face in South Africa. This research also investigated the means by which the women cope with these challenges and the possible role of transnational networks in supporting migration. There is a need to promote specific interventions or policies that will fully establish the kind of programmes or opportunities that are affordable to these young Basotho women in the face of migration.

Keywords

Migration.

Lesotho.

Female.

South Africa.

Leribe.

Experiences.

LIST OF ABBREVIATIONS

GDP	Gross domestic product
IOM	International Organization for Migration
NGO	Non-governmental organisation
UNDP	United Nations Development Programme

TABLE OF CONTENTS

DECLARATION..... ii

DEDICATION AND ACKNOWLEDGEMENTS.....iii

ABSTRACT iv

LIST OF ABBREVIATIONS v

TABLE OF CONTENTS..... vi

LIST OF TABLES..... xi

CHAPTER 1: INTRODUCTION 1

1.1 Introduction1

1.2 Problem statement2

1.3 Aim and objectives.....3

1.4 Relevance/Importance of the study.3

1.6. Research methodology.....4

 1.6.1. Research approach and Design 4

 1.6.2. Sampling design 5

 1.6.3. Data collection..... 6

 1.6.4. Data analysis..... 7

 1.6.5. Ethical considerations 7

 1.6.6. Dissemination of results 8

1.7. Limitations of the study.....8

1.8. Outline of the dissertation.....9

Chapter 2: Literature Review and Theoretical Framework..... 10

1.9. Introduction10

1.10. Background of migration11

1.11. Phases of migration.....12

1.12. Types of migration12

1.13. Migration trends and patterns in Africa.....	14
1.14. Migration trends in Southern Africa.....	15
1.14.1. Labour migration.....	15
1.14.2. Refugee and asylum-seeker flows.	15
1.14.3. Irregular migration	16
1.14.4. Human trafficking	16
1.15. Factors that influence migration.....	16
1.16. Migration outcomes	19
1.16.1. Positive migration outcomes.....	19
1.16.2. Negative migration outcomes	20
1.17. Gender and migration: A complex intersection.....	22
1.17.1. Feminist perspectives on migration and gender.....	23
1.18. Migration experiences of young women.....	24
1.19. Chapter summary	25
Chapter 3 MIGRATION AND LESOTHO	27
1.20. Introduction	27
1.21. Overview of Lesotho	27
1.22. Patterns of migration in Lesotho.....	28
1.23. Patterns of migration.....	29
1.24. Main factors driving migration in Lesotho.....	29
1.25. The impact of migration on Lesotho	30
1.25.1. Negative contributions of migration in Lesotho.....	31
1.25.2. Positive contributions of migration in Lesotho	31
1.26. Experiences of Basotho migrants.....	33
1.27. Future trends and recommendations.	34
1.28. Chapter summary.....	35
Chapter 4 QUALITATIVE DATA PRESENTATION AND ANALYSIS	37
1.29. Introduction	37
1.30. Characteristics of the interviews	37

1.31. Demographic profile of the participants	38
1.31.1. Explanations for failure to pursue educational goals	40
1.32. Motivations and drivers for migration.....	42
1.32.1. Economic reasons for migration	42
1.32.2. Social and personal reasons for migration.....	43
1.33. Preparations for the journey to South Africa	44
1.34. Embarking on the journey.....	45
1.35. The role of support before and during migration.....	46
1.35.1. Support from family and friends.....	46
1.35.2. Support from employers and employment agencies	46
1.35.3. Support from other community members.....	47
1.36. Experiences of migrant Basotho women in South Africa	47
1.37. Assistance Offered to Migrant Women in South Africa.....	48
1.37.1. Support availability	48
1.37.2. Support from the South African government and other organisations .	48
1.37.3. Participation in local support groups	49
1.37.4. Connections with Basotho living in South Africa.....	50
1.38. Job benefits and challenges.....	50
1.38.1. Job benefits and positive aspects	51
1.38.2. Work-related challenges	52
1.39. Difficulties faced by migrant women in the communities.....	53
1.39.1. Language barrier.....	53
1.39.2. Discrimination by members of the society.....	54
1.39.3. Cultural differences	54
1.40. Coping mechanisms of migrant women.	55
1.40.1. Learning at least one South African language.....	55
1.40.2. Strategic avoidance of locals	55
1.41. The future of Basotho women in South Africa.....	56
1.41.1. Continued stay and plans in South Africa	56
1.41.2. Dreams and aspirations	57

1.41.3. Reflections on migration to South Africa.....	58
1.41.4. Supporting home communities	58
1.41.5. Advice to young Basotho with intentions to migrate to South Africa..	59
1.42. Key findings	61
1.43. Chapter summary	62
Chapter 5 DISCUSSION, CONCLUSIONS, AND RECOMMENDATIONS.....	64
1.44. Introduction	64
1.45. Overview of the research.....	64
1.46. Main findings.....	66
1.46.1. Main finding 1: Migration brings substantial benefits for Lesotho women	66
1.46.2. Main finding 2: Young women face many migration challenges.....	67
1.46.3. Main finding 3: Economic pressures and perceived opportunities as major motivators for migration	69
1.46.4. Main finding 4: Migrant women develop a range of coping mechanisms.....	70
1.46.5. Major finding 5: Basotho women dream of living in South Africa.....	71
1.47. Recommendations	72
1.47.1. Finding 1 recommendations.....	73
1.47.2. Finding 2 recommendations.....	74
1.47.3. Finding 3 recommendations.....	74
1.47.4. Finding 4 recommendations.....	75
1.47.5. Finding 5 recommendations.....	75
1.48. Future research areas.....	76
1.48.1. Gender-specific migration policies and their effectiveness	76
1.48.2. Reintegration of returnee migrants into national socioeconomic programmes	76
1.48.3. Socially costly migration: Effects on family balance and communities	77
1.48.4. Risk of human trafficking and exploitation.....	77

1.48.5. The role of technology in migration experiences	77
1.48.6. Sustainable livelihood opportunities in Lesotho to reduce migration pressures.....	77
1.48.7. The influence of social networks on migration decisions and experiences.....	78
1.49. Conclusion.....	78
List of References.....	79
Appendix A: Information Leaflet to Participate in the Study	92
Appendix B: Informed Consent Form.....	94
Appendix C: Interview Schedule	96
Appendix D: Ethical Clearance by the University of the Free State.....	98
Appendix E: Turnitin Report	99
Annexure F: Language Editor’s Letter	100

LIST OF TABLES

Table 2.1: A comparison of the different types of migration.....	14
Table 4.1: Characteristics of the interviews	37
Table 4.2: Demographic characteristics of the participants	39
Table 5.1: Recommendations.....	72

CHAPTER 1:

INTRODUCTION

1.1 Introduction

Migration is perceived to be a social and economic phenomenon in the shaping of people's lives and society at large (Leloup, 1996). According to Tsapenko (2023), migrants constitute about 3.6% of the total world population, reaching 280.6 million. South Africa is considered to be the prime destination in the region, home to a total of 2,860,495 migrants (Mlambo, 2017). Lesotho significantly contributes to South Africa's workforce through migration (Adepoju, 2003).

Lesotho is a landlocked country fully enclosed by South Africa. It has been noted to be one country with a long tradition of labour migration, with the migrant population mainly comprising men who work in the South African mines (Rantšo & Ralitjeleng-Mahlelebe, 2023). The mountainous Lesotho covers approximately 30000 km² with a population of 2.1 million people (Maurya & Letsie, 2017). The Kingdom of Lesotho has had a long-standing tradition of labour migration mostly Basotho men migrating to South Africa to seek employment in South Africa's mines (Mochebelele & Winter Nelson, 2000).

Lately, large numbers of younger generations of Basotho women have been migrating to South Africa. Contrary to the male migration pattern, most Basotho women are employed as domestic workers, retailers, and in the informal economy of urban centres such as Johannesburg, Pretoria, and Durban. This migration exposes them to various vulnerabilities, such as exploitation, prejudice, and difficulties adjusting to sometimes hostile communities.

Different from other push and pull factors, economic hardships, lack of access to educational and health facilities, social compulsions, and better job prospects in South Africa are other relevant reasons to opt for migration. Legal and documentation barriers, vulnerability to gender-based violence, and limited accessibility to basic civic services are severe challenges in the process of migration. Needless to say, their experiences stem from their socio-economic background, the cultural dictates of Lesotho, and the systemic inequalities extant in Lesotho and South Africa.

This study looks into the experiences of young female migrants born in the Leribe district who later migrated to the Republic of South Africa. It focuses on the reasons for migration, the challenges, and their coping mechanisms and experiences in the host communities. The research

therefore hopes to provide evidence to inform interventions, strengthen support mechanisms, and address the gendered dimensions in the migration-related issues within Southern Africa. The study contributes to the discourse on migration, gender, and development in the region by exploring the agency, well-being, and economic integration of young Basotho female migrants in South Africa.

1.2 Problem statement

Globally, temporary and circular migration is increasing, underscoring the need to understand the multifaceted experiences of migrants, especially young women throughout their migration journeys (Zapata-Barrero et al., 2012). While international studies provide insights into changing trends, there is a lack of research on specific demographics, such as young Basotho female migrants. The well-documented history of labour migration between Lesotho and South Africa largely overlooks this group's unique experiences and challenges. The migration decisions of young Basotho women are shaped by gender norms, socio-economic conditions, and cultural expectations, influencing their work opportunities and vulnerability levels in host communities. Economic hardships in Lesotho push many young women to seek better livelihoods in South Africa, where cultural values further impact their integration and success.

Despite the rising attention on the gendered trends of migration, the literature available remains general and limits the framing of policies and interventions that might be targeted. Migration patterns are largely shaped by social, economic and cultural factors that mostly affect vulnerable individuals such as women (Sassi, 2024). A deeper understanding of these dynamics is essential, because migration can be disruptive and impactful on origin and receiving communities (Chernova, 2019). Because we are looking specifically at the cases of young women, we can learn more about the broad effects migration has on gender identities and gender power relations (Ojong & Muthuki, 2010).

Research that is specifically focused on young females migrating from the Leribe district into South Africa is necessary to develop an understanding of their socio-economic drivers for migrating, their experiences in transit and post settlement, and furthermore, the overall impact migrating has on their empowerment and social inclusion. Developing such an understanding can inform policy and decision makers to ensure that their own proprietary drive into evidence-based policy development will improve their well-being and resilience as they migrate, importantly, discussing key priority considerations including legal documentation, work

configuration, psychosocial support, and economic-sector engagement. In this way, we can move from vulnerability-induced migration to empowerment migration.

1.3 Aim and objectives.

This research investigates the experiences of young Basotho women migrating from the Leribe District in Northern Lesotho to South Africa.

Considering the aim above, the study has the following objectives:

- To identify why young Basotho women migrate to South Africa from the Leribe District in Northern Lesotho.
- To explore the challenges young Basotho women face during migration.
- To examine how young Basotho women navigate their social and economic identities in the host country.
- To identify the coping mechanisms employed by young Basotho women to overcome migration challenges.
- To recommend policy interventions and support mechanisms to improve migration experiences.

1.4 Relevance/Importance of the study.

It is important for several reasons to study the migration experiences of young Basotho women who migrate from the Leribe District in Lesotho to South Africa. Firstly, the investigation provides an understanding of the root causes that force this group to migrate, such as poverty, unemployment, and lack of educational opportunities. Determining such root causes will enable policymakers to come up with appropriate interventions aimed at dealing with these challenges so that Lesotho can attain sustainable social and economic development.

Another important aspect is the emphasis on cross-border cooperation and the realisation of policies that would protect the rights of migrants. A high level of migration exchange between Lesotho and South Africa calls for the need to have policies and practices to facilitate safe and legal migration and protect the rights of migrants and contribute to regional development. It also brings into focus certain critical vulnerabilities and challenges faced by young Basotho women in South Africa, including discrimination, exploitation, and abuse. From these experiences, policymakers and other stakeholders will be able to design strategies and

programmes that help to increase the safety of the women, improve their well-being, and enhance their empowerment along with that of their families and communities.

This research on the migration experiences of young Basotho women who migrate from the Leribe District to South Africa is thus well placed to address the issues of poverty, unemployment, and lack of access to education in Lesotho; promote the well-being of the said women; and advance the rights of migrants in the region.

1.5. Case Study Area.

Leribe is one of the central administrative districts of Lesotho, with an approximate size of 2828 km², and formed the case study in this research. In 2006, the population of Leribe was 401,258, accounting for 15.63% of the total population (Matsumoto, 2022). In 2008, about 48% of the population was economically active, wherein the main activities were agricultural-related (Matsumoto, 2022). A sum of 191,052 out of the 2016 working-age population was employed. The District of Leribe is bordered by the Free State Province of South Africa and the Botha-Bothe, Mokhotlong, Thaba-Tseka, and Berea Districts in Lesotho (Matsumoto, 2022).

1.6. Research methodology.

This research adopted a case study design and a qualitative research approach.

1.6.1. Research approach and Design

This study employed a qualitative research approach, utilizing semi-structured interviews as the primary method of data collection. Given the complex and deeply personal nature of migration experiences, a qualitative methodology was deemed most appropriate, as it allows for an in-depth exploration of participants' narratives, emotions, and subjective realities. Semi-structured interviews were particularly effective in capturing the nuanced lived experiences of young Basotho women, as they provided a flexible yet focused framework for discussion. This approach enabled participants to share their migration journeys in their own words, revealing intersecting factors such as economic pressures, gender dynamics, cultural expectations, and personal aspirations. By prioritizing depth over breadth, the study generated rich, contextually grounded insights that quantitative methods alone could not uncover.

The research adopted a case study design, with young Basotho women migrating from Lesotho's Leribe District serving as the focal unit of analysis. A case study approach was selected due to its strength in examining complex social phenomena within their real-life

contexts. This method facilitated a detailed investigation of individual migration trajectories while also considering broader structural influences, such as rural poverty, labour market conditions, and cross-border migration policies. By concentrating on Leribe a District with significant outmigration to South Africa the study was able to explore localized patterns while still drawing connections to wider regional migration trends. The case study design allowed for the collection of thick, descriptive data, ensuring that the findings remained closely tied to the participants' realities rather than abstract generalizations.

1.6.2. Sampling design

The study employed a purposive sampling method to gain insights into the complexities of migration (Duru, 2021). The phenomenon of migration is intricate and influenced by different variables that range from socio-economic circumstances to cultural dictates and political environment. In a purposive sample, the researcher selects the study subjects who possess particular knowledge or experience concerning the research phenomenon or particular personal situations (Parey, 2020). In this study, these participants could provide insight into the complexity and intricacy of the processes of migration.

1.6.2.1. Population and sampling

The target population in this study consisted of female Basotho migrants. The 2014 Demographic and Health Survey estimated that about 43% of all Basotho households have a migrant family member (Bureau of Statistics Lesotho, 2015). The International Organization for Migration's (IOM) Migration Flow Monitoring reports show that 48% of the migrants (n = 23,179) are female (IOM, 2021), while the data from Skillshare Lesotho (personal communication, 2023) indicate that about 15,000 (40%) of the registered migrants between March and June 2021 were young female Basotho. This significant proportion of young Basotho migrant women emphasises the need for research in this respect. This study adopted a qualitative approach to understand their experiences and purposively selected 15 participants to shed light on the detailed nature of their migration experiences.

1.6.2.2. Inclusion and exclusion criteria

Participants were purposively selected on the basis of their potential targeted migration experiences that could contribute to a nuanced understanding of young Basotho women's migration experiences. One of the underlying intentions of a purposive approach to sampling is to enable an effective approach to target such persons who will have specialised knowledge and

expertise from which rich insight is sought and can be provided (Palinkas et al., 2013). This study investigated the migratory circumstances of young Basotho migrant women aged 18 to 35 years who cross both formal and informal borders into South Africa from the Maputsoe-Leribe District. Data was collected through qualitative, semi-structured interviews with 15 young female migrants. Data was explored until the saturation point was reached, where no new information about the migratory circumstances was discovered.

The inclusion criteria were:

- Young female Basotho migrants aged 18 to 35 from the Leribe District.
- Young female Basotho migrants who consent to participate in the study.
- Young female Basotho migrants who can speak either English or Sesotho.

1.6.2.3. Participant recruitment

The 15 participating young women were recruited through the use of flyers and leaflets (Appendix A) inviting interested and qualified women to contact the researcher either telephonically or via email. Afterwards, the researcher contacted each eligible participant to schedule individual interviews. During the individual interviews, participants were provided with an information sheet regarding the purpose of the study to provide more detailed information, answer questions, alleviate doubt, or make the decision to withdraw from the research study. Participants also provided written consent before the interviews for the sessions were recorded. Involvement in the study was entirely voluntary, and no individual was forced to participate. Potential participants were provided with an information sheet and had to sign a written consent form (Appendix B). Most importantly, participants were free to withdraw from the study at any time without providing a reason, and doing so would not incur any penalty, persecution, stigma, or segregation.

1.6.3. Data collection

The data collection method focused on obtaining thorough knowledge of young female Basotho migrants' migration experiences. To achieve that, the study employed different methods which included;

1.6.3.1. Semi-structured format and nuanced approach

Semi-structured interviews allow a balance between introducing and exploring topics of interest while following the participant's lead. The theoretical themes are central, but the participants

are provided with the research scope to relate their experiences in a manner compatible with their perspectives. Such nuanced approaches helped to provide a rounded and genuine picture of the participants' migration journeys and their circumstances. The interview schedule is attached in Appendix C.

1.6.3.2. Rigorous documentation

Systematically, tape recorders and comprehensive field notes accompanied the interviews to complete the data gathering. This ensured the accurate recording and transcribing of verbatim responses by participants. This stringent procedure guaranteed that the account would preserve accuracy, maintain its integrity, and conserve building blocks for a plausible narrative.

1.6.4. Data analysis

Data collected through this study was analysed using thematic analysis, a qualitative research technique employed to disclose common threads, patterns, and narratives associated with various aspects of migration experiences (Braun & Clarke, 2006). This includes drivers for migration, experiences during the journey towards their destination, the existence of social support systems, and obstacles to integration. Thematic analysis involves systematically coding data into meaningful units and the subsequent identification of major emerging themes (Braun & Clarke, 2006). These themes reveal the participants' narratives, making the experiences of migration multi-layered. Furthermore, the relationships between these themes are examined for how different aspects of migration interlink (Wuryandari et al., 2024). The core method was a participatory qualitative research approach, which encouraged participants to share their stories and experiences to provide insight into how they coped with the phenomenon of migration and ensured that the outcomes were situated in the voices and experiences of participants.

1.6.5. Ethical considerations

This present study observed all important ethical principles to protect the well-being and rights/dignity of the participants. Approval to conduct the study was obtained from the Research and Ethics Committee of the University of the Free State (Appendix D). Informed consent had to be provided based on knowledge of the purpose of the study, voluntary participation, and the right of participants to withdraw at any moment without any consequences. Qualitative data confidentiality was ensured by protecting the anonymity of participants through the use of pseudonyms in the reporting of data and secure storage of data. This ensured that the values and beliefs of the participants were not breached regarding sensitive topics approached in the

research. Cultural sensitivity was a priority; referrals and support resources were provided if necessary.

Ensuring that participation is voluntary and not under coercion is one part of a multi-faceted approach. Other measures include creating a safe and respectful environment that allows interviewers and participants to address issues of power and ensures precautions are taken to protect participants, such as conducting interviews in public or allowing participation alongside a trusted confidant. Socio-economic status is not a factor in recruitment policies that are fair and inclusive. Data is protected by being stored under password protection, with access limited to authorised staff. The findings are accurately and responsibly reported to represent the participants' authentic migration experiences.

1.6.6. Dissemination of results

To disseminate the study results on young Basotho women migrating from Leribe to South Africa, The findings will be submitted to the University of the Free State for potential publication in journals and any other platforms. Additionally, concise policy briefs will be shared with key stakeholders, including the Lesotho Ministry of Labour and Employment, Ministry of Home Affairs, and regional bodies like the Southern African Development Community (SADC). These briefs will highlight critical issues such as gendered migration patterns, legal barriers, and the socioeconomic challenges faced by returning migrants, providing actionable recommendations for policy reform.

1.7. Limitations of the study

In this section, areas in which limitations occurred during the study in the Leribe District area of Maputsoe are highlighted. One potential setback was the collection of data from women, especially migrants – mostly undocumented, due to movement and untrustworthiness, as it could contribute to making them reject an interviewer from probing for their personal and confidential information. As such, poor and biased responses could be the result. Apart from that, the temporal aspect of the study may have been a limitation in itself since it reflects just one point in the time-space continuum and could miss long-running trends or structural changes in female migration caused by economic, political or social factors. Moreover, social and cultural barriers, such as stigma or expectations of society with respect to female migration, may have rendered participants reluctant to reveal their experiences. This could have surfaced

especially in sensitive areas, such as separation from family, thereby limiting the profundity and authenticity of the data.

1.8. Outline of the dissertation

The study relied on a qualitative methodology with face-to-face interviews, focus groups, and document analysis, to investigate the experiences of young female Basotho migrants as well as the drivers and impacts and their policy implications. The research is positioned within a long history of labour migration from Lesotho to South Africa. It addresses the pivotal questions of why young women migrate, how migration affects them and their communities, and what strategies can be implemented to manage migration more effectively. The study develops an understanding of the social phenomenon of migration, particularly from the perspective of young female migrants in Lesotho.

The literature review of the study will create a theoretical foundation by analysing the global and regional trends of migration, with special attention to Southern Africa. The review will also highlight the gaps in the literature, such as a lack of in-depth studies concerning special features of Lesotho within migratory studies.

Chapter 3 on migration in Lesotho explores economic, social, and environmental factors driving the phenomenon. It also deals with the general consequences of migration that affect migrants themselves, their relatives, and the general society, where issues such as brain drain, remittances, and socio-cultural changes feature. This review sets the background for understanding the context of specific consequences of migration in Lesotho.

A presentation of the qualitative data collection and analysis follows, indicating findings from the interviews on key themes such as economic motivations, the role of social networks, and various challenges faced by migrants, which include exploitation and separation from family. It highlights a nuance in the experiences of migrants and broader implications for Lesotho and the region.

The final chapter summarises the dissertation by identifying economic necessity, social networks, and environmental factors as the key drivers of migration in Lesotho. Even though the study adds to the body of knowledge regarding migration dynamics in Lesotho and Southern Africa, it realises limitations in sample size and probable biases due to the qualitative nature of the research. The chapter continues to present recommendations and suggestions for future research.

Chapter 2:

Literature Review and Theoretical Framework.

1.9. Introduction

Migration is a complex and dynamic global phenomenon driven by many interrelated factors, including economic, political, cultural, environmental, health, educational, and transportation considerations. Human migration is a common feature throughout history, with individuals and communities relocating across borders in search of improved living conditions, economic stability, and social well-being.

Migration in Africa has been a very significant and deeply entrenched issue influenced by legacies of the past, socio-economic challenges, and regional disparities. The continent has been a witness to widespread migration flows – both intra- and extra-continental – driven by poverty, conflict, climate change, and the pursuit of better opportunities. The poor economic conditions and political instability in many regions of Africa have compelled many of its young inhabitants to seek better job prospects, educational facilities, and good health and living standards abroad in foreign lands.

Migration of the youth from Africa has been an issue of great concern in recent times, especially considering its wide socio-economic implications. In most cases, young migrants move into the neighbouring countries or even across continents to Europe, North America, and the Middle East in search of better opportunities and away from the limited opportunities and high rates of unemployment coupled with poor social infrastructure in their own countries. Yet, the journeys of migration are always lined with a number of challenges, including legal and documentation barriers, social discrimination, exploitation, and difficulties in adapting to new cultural and economic environments.

It is essential for policymakers and stakeholders to understand the drivers and consequences of migration among Africa's youth. Such an understanding will help to develop informed interventions that address the root causes of migration while creating opportunities for sustainable development within their home countries.

1.10. Background of migration

For years, human beings have moved from one place to another due to different factors such as employment factors social factors, political factors, and environmental pressures. Migration has had an impact on the shaping of world demographics, socioeconomic structures and cultural landscapes across regions (Geng et al., 2024). Human beings have been migrating since prehistoric times when humans moved from Africa to other regions in search of work, political circumstances, social dynamics and environmental conditions (Castelli, (2018)

From the 15th to the 19th centuries, there were massive migration and displacement through European migrations to the New World, Africa, Asia, and the Pacific because of exploration and colonisation (Brickner, 2013). There was large-scale migration during the industrialisation era with the transatlantic slave trade and Europeans moving to seek economic opportunities in the Americas and Australia. Simultaneously, this period also included the transatlantic slave trade that forcibly moved an estimated 15 million Africans to the Americas, which changed the racial landscape and permitted the development of global empires and economic markets (Brickner, 2013).

The mid-20th century saw dramatic changes in the kinds of migration that were happening amidst decolonisation, political upheaval, refugee displacement, and the pursuit of economic stability. World War II significantly relocated populations within Europe as refugees sought asylum and needed to resettle (Lischer, 2011). In the subsequent decades, migration has increasingly come under the influence of globalisation, improvement in transportation, rising economic disparity, and a quest for opportunities, security, and stability against conflict, persecution, and environmental hazards. In contemporary times, migration continues to be a force that shapes the face of contemporary societies.

Migration enriches the cultural diversity of host nations with innovation and also contributes economically by filling gaps in the labour markets, driving entrepreneurship and enhancing demographic vitality (Capoani et al., 2023). It is similarly a source of major challenges related to social integration, rampant xenophobia, and strains on public resources and infrastructural facilities. These dualities highlight the many-sided nature of migration, one of the defining and contentious issues in today's interdependent world – one that needs nuanced policies, with global cooperation, in the harnessing of benefits while trying to address the complexity.

1.11. Phases of migration

Migration has formed part of the history of humanity, defining cultures, societies, and intercontinental relations. Prehistoric migrations include the dispersion of homo sapiens from Africa (Rossi, 2018), which gave rise to the development of different cultures and enriched our genetic and cultural diversity. Ancient migrations, such as the Indo-European and Bantu migrations influenced language, cultural diversity (Hoerder, 2012) and trade networks and left a mark on human civilization that is still felt today. Colonial migrations took place during the Age of Exploration, as European powers began to explore and settle in new lands, leading to cultural exchanges and exploitation. Scholars have extensively documented the transatlantic slave trade, which forcibly transported millions of Africans to the Americas (Sanderfer Doss, 2021). This entailed profound demographic and economic consequences for Africa, with the vivid creation of Afro-diasporic cultures in the Americas (Sanderfer Doss, 2021).

These transformations in the urban landscape and modern economies were the result of mass rural-urban migration occasioned by the Industrial Revolution, in which people moved to find employment in burgeoning industrial centres (Bryceson & Mbara, 2003). For the post-World War II era, this geographical shift has been characterised by population displacement, migration for work, and refugee movement.

Modern migration is influenced by environmental changes, political unrest, economic inequality, and globalisation. Conflicts and political unrest fuel forced migration and refugee flows, while labour mobility from developing to industrialised nations is common. Migration is also increasingly influenced by environmental changes, including those connected to the climate change (Davies, 2020).

1.12. Types of migration

Migration is a complex and multi-dimensional phenomenon that involves households or individuals moving across borders in a variety of ways. Understanding the different types of movement will provide insight into the motive for migrating, the challenges faced, and the outcomes achieved in each class. A deeper understanding of such differences could be instrumental in realising the intricacy of human migration and its significant effects on individuals, communities, and global processes (Van Hook & Glick, 2007).

Forced migration is the case of individuals who are compelled to move out of their homes due to threats to their safety brought about by instances of armed violence, persecution, or natural

catastrophes, among other cases. This usually affects refugees, asylum seekers, and internally displaced people (Koko et al., 2018).

Voluntary migration involves individuals or households choosing to migrate based on personal motivations and aspirations. Economic opportunities, educational pursuits, family reunification, or a desire for a different lifestyle may drive it (Carnicer, 2019).

Seasonal migration consists of seasonal fluctuations in which temporary migration happens only for specific lengths of time within a given time period. It repeats every year and is mostly related to agricultural and labour activities. This type of migration is associated with many industries, for example, farming, construction, tourism, and fisheries, which show significant seasonal fluctuations (Barry, 2025).

Rural-urban migration takes place from the countryside to urban centres because of better job opportunities, amenities, and quality of life, as well as educational, health, and other urban facilities (Wang & Thangavelu, 2024). It takes place because of the perceived prospects of urban employment and social mobility (Mukhtar et al., 2018).

Political and refugee migrations are types of forced migration, based on different but overlapping reasons, such as political instability, war, persecution, and human rights violations (Reed, 2018). Examples include the Jewish migrations during the Holocaust, displacement caused by civil wars and ethnic conflicts in Ukraine, the Democratic Republic of Congo, Sudan, Lydia, and Palestine among others. Political and refugee migration, besides humanitarian assistance, integration efforts and the protection of human rights, also presents challenges to individuals, communities, and recipient countries.

Migration has been an influencing factor in demographics, cultures, and interactions of people since time immemorial. Economic migration, conflict-driven, refugee migration, and environmental migration have all played significant roles. Table 2.1 presents a comparison of the different types of migration, according to Søholt (2014).

Table 0.1: A comparison of the different types of migration

Type of migration	Definition	Causes	Example
1. Forced migration	Movement of people who are compelled to leave their homes	War, political oppression, ethnic cleansing	Rohingya refugees fleeing Myanmar
2. Voluntary migration	Movement of people willingly	Better job prospects, higher living standards	Europeans retiring to warmer climates in Spain
3. Seasonal migration	Movement of people who relocate temporarily	Agricultural work, tourism, construction etc.	Mexican farm workers traveling to the United States for the harvest season
4. Rural-urban migration	Movement of people from rural areas to urban areas	Better job opportunities, access to services	Rural-to-urban migration in Africa
5. Political and refugee migration	Movement of people due to conflicts	Conflicts	Jewish migrations

1.13. Migration trends and patterns in Africa.

Throughout history, migrations in Africa have been a common feature driven by factors such as economics, religion, politics, security, and demographics (Mine, 2011).

Recent statistics from Statista (2020) indicate that Africa still experiences substantial migration flows. As of 2020, various sub-regions of Africa hosted considerable numbers of international migrants. For instance, Eastern Africa hosted about 7.7 million international migrants, with the highest number of migrants being hosted by Uganda (n = 1,720,313). Central Africa hosted 3,861,568 international migrants, with the Democratic Republic of the Congo hosting 952,871. In Northern Africa, there were 3,167,926 international migrants, with Sudan being among the countries with the highest number of migrants in this region (n = 1,379,147). In Western Africa, there were 7,552,097 international migrants, with the highest number of migrants being from Côte d'Ivoire (n = 2,564,857). In Southern Africa, there were 3,125,072 international migrants, with the most significant number recorded in South Africa (n = 2,860,495) with Lesotho accounting for 12,060 migrants. These figures indicate the movement within and into other parts of Africa and, therefore, show the varied destinations that attract migrants.

The migration patterns in Africa are shaped by various factors composed of an interplay of historical legacies, geopolitical dynamics, conflict, and climate change though the impact of these factors vary from one region to another (Lattanzi et al., 2024).

1.14. Migration trends in Southern Africa.

Southern African migration is multi-dimensional, considering various types of flow, such as labour migration, refugee/asylum-seeker flow, irregular, and human trafficking. Each of these forms is taken up under various influences of socio-economic, political, and environmental processes that drive the pattern of movement around this region.

1.14.1. Labour migration

Over the past decades, the dominant flow has always been labour migration due to a high demand in mining, agriculture, construction, and domestic work within Southern Africa. South Africa, Botswana, Namibia, and Zimbabwe have been destinations of major immigration with the hope of better opportunities for improved earnings. In the meantime, Lesotho, Malawi, Mozambique, and Eswatini remain significant contributors to migrant labour in South Africa (Suping, 2022). Mining sectors in South Africa have attracted high numbers of male migrants from these countries for several decades. In contrast, female migrants are increasingly being attracted by domestic and agricultural work. Labour migration improves the incomes of households in the source countries through remittances, thereby supporting families and local economies.

1.14.2. Refugee and asylum-seeker flows.

Another critical trend in the Southern African context is the forced migration of refugees and asylum seekers, where millions have fled due to persecution, armed conflict, and political instability in their home country. The Democratic Republic of the Congo, Burundi, Somalia, and Zimbabwe recently topped the leading countries of origin for refugees, while regional hosting countries include South Africa, Zambia, and Zimbabwe (Mashabela, 2024). These refugees are usually confronted with limited access to legal protection, employment restrictions, and poor integration into the host communities. Although efforts of humanitarian assistance and legal support exist, resource constraints and rising anti-immigrant sentiments in some of the host countries pose serious challenges to their well-being.

1.14.3. Irregular migration

Poverty, unemployment, political instability, and insecurity in most countries of origin contribute to irregular migration to Southern Africa. When the means or opportunity for migrants to migrate legally are not available, it often pushes them into irregular channels where they are exposed to risks of exploitation, abuse, and human trafficking. It also creates problems for border management and law enforcement in their efforts to ensure the safety and security of migrants and host communities. A comprehensive understanding of irregular migration including its root causes is crucial for comprehensive policies that address the root causes of migration, while promoting effective migration management (Hart, 2019).

1.14.4. Human trafficking

One of the major concerns in the Southern African region is the trafficking of persons, with the majority of the victims being women and children. They are exploited for forced labour, sexual exploitation, and domestic servitude. Countries such as South Africa, Mozambique, and Zimbabwe are critical in human trafficking networks, serving both as source and transit points (Mugari & Obioha, 2021). Victims usually suffer from coercion, deception and abuse, although most of them end up in exploitative labour or are used for forced commercial sexual exploitation. International cooperation, legislative reforms, and awareness campaigns have contributed greatly to fighting human trafficking; enforcement remains a challenge as a result of the clandestine nature of trafficking operations.

Migration flows to and from Southern Africa, therefore, are occasionally shaped by economic expectation, periodic political turmoil, and ongoing ecological decline. Although labour migrations among member states contributes to economic interaction – examples of that include the irregular movement of people and human trafficking – these give occasion for strengthening regional and more coordinated government action. It is important, here, that these matters should no doubt be addressed with a global perspective. This should be done by re-enforcing legal bases for international lawfulness and developing social and economic cooperation enterprises, together with still increasing protection, especially on behalf of those involved in non-agricultural employment.

1.15. Factors that influence migration

Factors that influence migration vary from individual to individual depending on the varying needs of the individual, such as development opportunities and economic status. Although some

migrate voluntarily in search of opportunities, others are forced by adverse circumstances to leave their homes. Basically, the reasons for migration are usually mixed pull-push factors moored deep within the world migration pattern in a myriad of intricate ways. The most common factors are discussed below.

Economic opportunities: Economic reasons are considered one of the major drivers of migration, wherein people look for increased employment opportunities, good wages, and life in a destination country. The financial disparities among countries, labour markets, demands, and wage differentials strike a chord with which migrants normally leave due to economic instability and future career prospects (Nhende et al., 2024). This is also viewed as an exit out of poverty and to support their family in areas with high levels of unemployment and economic stagnation. In general, the usual migration from developing into developed economies is influenced very strongly by the better job opportunities available in healthcare, construction, and information technology.

Education and skills development: Quality education and skills enhancement opportunities are considered a great impetus for migration. Most individuals migrate to countries with better educational facilities to pursue a higher education, specialised skills, and professional credentials (Nyarko et al., 2018). Educational migration is quite common among young people who wish to gain better prospects from studying in globally recognised institutions. Apart from this, skill-based migration programmes by other countries for highly qualified professionals motivate individuals to relocate in search of a better career and training in their field.

Conflict, insecurity, and political instability: Conflict, political instability, insecurity remain great push factors that force people to leave their homelands for safety and stability. War, ethnic conflicts, persecution, human rights violations, and political instabilities (Enns et al., 2022) and repression cause large-scale displacement and refugee movements. In countries where violence and political turmoil have been persistent, the instances of mass migrations also increase, with a number of the displaced seeking asylum and refuge in more stable regions. In many cases, forced migrations are characterised by a number of challenges, which include loss of livelihoods, separation from families, and dependency on humanitarian aid for a long period.

Environmental and climatic factors: All kinds of natural calamities, including droughts, floods, hurricanes, and a rise in sea levels, displace people and make them migrate to some other region in search of livelihood. Nonetheless, the two major factors of migration have been environmental and climatic factors. Furthermore, long-term degradation of the environment, desertification, and deforestation might cause rural communities to migrate to urban centres or

abroad in search of income sources. According to Busck-Lumholt et al. (2022), climate-induced migration is one of the current concerns across different parts of the world; sub-Saharan Africa, South Asia, and the Pacific Islands are likely to face such challenges.

Social and family networks: Pre-existing social and family networks shape migration decisions because people often migrate to places where they have family, friends, or community members (Fox, 2020). These networks also provide social support, decrease some financial risks of migration, and facilitate new migrants' incorporation into host communities. Large, well-established communities of migrants can also play a role in the future choices regarding destination and job opportunities that might make migration a more reasonable choice for migrants who are looking for familiar big brothers and sisters in their new homeland.

Health and well-being considerations: Health-related factors also influence migration. People are seeking better medical care, want to obtain special medical treatments that they cannot receive at home, or hope for a peaceful living environment in which they can cure their physical ailments and increase their life expectancy. Inadequate healthcare infrastructure in some countries, high disease burdens, and inadequate medical resources force individuals to migrate to regions with better healthcare (Ekezie et al., 2023). In addition, an increasing number of health workers from developing countries go to work as carers for the elderly in industrialised countries where their labour power is needed.

Legal and policy frameworks: Destination countries' policies on migration and their legal frameworks do much to affect patterns of migration. In fact, those countries that provide favourable immigration policies, including work visas, residence programmes, and refugee protection, attract more immigrants than others (Martins & Xavier, 2021). Conversely, stringent immigration policies and rigid border controls have created a barrier for such migrants to eventually increase irregular migration and human smuggling. Government policies of family reunification, asylum procedures, and labour migration programmes become the prime guide for any migratory decision.

Migration is a complex, dynamic process influenced by many factors that interact at the individual, household, community, and national levels. Driven by economic aspirations, educational opportunities, environmental pressures, or political instability, migration remains essential to human development and social change. Knowledge of the diverse drivers of migration is critical in helping policymakers, development agencies, and stakeholders develop effective migration management strategies that meet the opportunities and challenges arising from human mobility.

1.16. Migration outcomes

Migration outcomes refer to the wide-ranging results and effects arising from migration, including economic, social, cultural, and political impacts. These results concern both the country people are leaving and those to which they are going, shaping the lives of individuals, sometimes changing communities' shapes as well as influencing a nation's development trajectory. Migration can result in both favourable and adverse effects, which need to be analysed closely to ensure that the advantages of migration are maximised while its problems are minimised.

1.16.1. Positive migration outcomes

When well governed, migration can have a number of positive outcomes for both countries of origin and destination. These positive outcomes can be summarised into several areas, each of which offers some benefits to individuals and society.

Economic development: The contribution of migration to economic development in countries of origin and destination is arguably one of the best impacts of migration. Migrants typically fill labour gaps in agriculture, health, construction, and hospitality sectors, increasing productivity and thereby improving economic growth. Immigrant workers in destination countries can be utilised in particular jobs that are in high demand but low in local supply, which might enhance overall workforce efficiency. Remittances sent by migrants to their countries of origin have also provided a key source of family income in such countries, with a strong contribution to the smoothing of livelihoods and the reduction of poverty. Remittances improve access to education, health, and other important services within migrant-sending communities, further contributing to social and economic development in developing countries (Chaudhary, 2020).

Knowledge and skills transfer: Migrants bring valuable knowledge, skills, and experiences gained in host countries. The knowledge they gain may contribute a great deal to the sending and receiving states. They bring different forms of knowledge and skills to their destination countries, thereby contributing to innovation and productivity in all sectors. For instance, skilled immigrants from developing nations can fill specific shortages in the labour force of developed nations, such as in healthcare, which improves service delivery. On the other hand, returning migrants bring in new skills, business acumen, and innovative practices (Hinson et al., 2023) that help stimulate local entrepreneurship, increase productivity, and improve human

capital development in their home countries. Such knowledge circulation may contribute to bridging the development gap between nations and furthering sustainable growth.

Cultural exchange and diversity: Migration promotes cultural exchange, adding the richness of new ideas, customs, languages, and artistic expression to society (Trueba, 2002). Through interactions with local populations, migrants contribute to cultural diversity within receiving communities. The promotion of cultural understanding, tolerance, and social cohesion by such exchange is likely to break down stereotypes and promote inclusivity. Furthermore, cultural exchange gives rise to much creativity and innovation, as diversity provides a key ingredient for the growth of education, arts, and business. Culturally diverse societies are much more dynamic and resilient, and therefore are representative of the overall advantage of an interconnected world.

Social development: Migration can also be a contributor to social development, especially in education, health, and social welfare. Through financial contributions by way of remittances, migrants enable their families to afford better education, healthcare services, and social amenities, thereby improving living standards. According to (Rada, 2022) learning new languages from other cultures contribute significantly to sustainable development and integration into new societies. Moreover, in some cases, migrants themselves actively participate in local community development processes in the countries to which they migrate such as offering of education services among others. They contribute to charity work, social cohesion, and an increased quality of life among migrants and non-migrant populations, participate in the building of relationships within the community, and donate their expertise to local non-profit groups.

In these positive results lies the proof that migration can pay dividends, sometimes substantial, to individual migrants, their families, the immediate community, and the national economy as a large unit. These purported benefits can be fully realised when migration is appropriately managed, paying attention to the migrant's rights and welfare.

1.16.2. Negative migration outcomes

While migration has numerous benefits, the potential for several risks and adverse outcomes exists within it that affects migrants and the communities to which they move. The negative results of migration range from social exclusion and exploitation through economic inequalities and health vulnerability to the following factors.

Brain drain: Brain drain is one of the most significant adverse impacts of migration, in which highly qualified people migrate from their homelands in pursuit of opportunities availed by other countries in educational, health, and technological fields. The emigration of highly trained and qualified professionals results in the loss of much-needed human capital that can be utilised by the origin country and may retard the rate of national development. Brain drain often widens the skill gaps, undermines the public services, and delays the progress of essential sectors in countries heavily reliant on skilled labour, such as in the health or engineering sectors (Ogaboh et al., 2020).

Exploitation and human trafficking: Migrants, particularly those who migrate irregularly or undocumented, are more vulnerable to exploitation and abuse. Many migrants become victims of human trafficking for the purposes of forced labour or sexual exploitation. Bischoff (2006) estimates that millions of people are entrapped into forced labour worldwide, with many experiencing the most horrible working conditions and physical and psychological torture. In addition to the exploitative conditions migrants experience, they may also experience physical harm, such as malnutrition, STIs, and poor reproductive and mental health, for example unplanned pregnancy and mental disorders characterised by depression or post-traumatic stress disorder. In addition, emotional or psychological harm may also occur. These experiences can leave long-lasting scars, reducing the general well-being of the migrants.

Social integration problems: Generally, migrants are at risk in terms of their social integration into their host society, which could be in the case of the lack of social networks, or cultural and linguistic difficulties. In general, this may contribute to social loneliness, feelings of alienation, and mental problems. Without further support, their economic and social settlement in the country would pose certain problems. Migrants tend to suffer from discrimination such as work place discrimination which manifests in many ways including the hiring process and performance evaluations (Likupe, 2015); in addition, racism sometimes causes people to either not perform successfully at the workplace or to fail in integration processes within a community.

Health risks: Generally, migrants have a higher health risk compared to the local population. In most instances, migrants face inadequate healthcare access, particularly in the case of undocumented status or precarious economic conditions. Migrant workers, especially those working in the domestic labour, agricultural, and construction sectors, are often exposed to hazardous conditions at work that put them at risk of occupational diseases and injuries. In addition, due to mobility and the nature of work, migrants may be more exposed to infectious

diseases such as HIV/AIDS, tuberculosis, and other communicable diseases (Peer, 2015). This health vulnerability leads to further deterioration in the quality of life.

Vulnerability to abuse: Generally, migrants, especially women and children, are exposed to abuse and violence either in the process of migration or afterwards. Starting from physical abuse during transit to labour market exploitation, migrants can face different types of maltreatment. Women are particularly vulnerable to sexual violence, trafficking, and other forms of exploitation in the informal labour market (Sahayam & Tiwari, 2022). This list of abuses further extends to long-lasting psychological and physical effects, thereby having impacts on well-being and complicating their full integration into a new environment.

While migration can have substantial positive consequences, it also creates quite considerable challenges and risks. Examples of benefits on the positive front include economic growth, knowledge transmission, and cross-cultural exchanges – phenomena that show what is possible. This strengthens the developmental capabilities of receiving and sending countries alike. However, adverse outcomes such as brain drain, exploitation, and health risks highlight the vulnerabilities that migrants face. These negative impacts can be reduced and maximum benefits from migration realised if policymakers and international organizations come up with appropriate mechanisms that protect migrants' rights, ensure better social integration, and uproot the source causes of exploitation. In that regard, this process of migration will be a plus to the individual, society, and state alike.

Is this part the Beginning of the section on the Theoretical Framework?

1.17. Gender and migration: A complex intersection

Gender and migration are closely related and affected by a wide range of cultural, social, and economic factors (Andermann, 2010). Patterns of migration are never uniform and often have a gender bias; wherever there are economic reasons for migration, men usually form the larger group of people to migrate. However, of late, there has been more independent migration, with a significant share contributed by women and female-headed households. Apart from the general determinants of immigration, women mostly migrate for purposes that are rather specific to the female gender, for example, family sustenance, education, poverty, persecution, and various forms of abuse. Understanding their distinct motivations serves to place gender into the more general dynamics around migration and the effects on migrant women's experiences.

Female and gender-diverse migrants are particularly vulnerable in the process of migration. (Rizwan et al., 2022). Most of them experience discrimination, lack of access to necessary services, and inadequate support systems. Therefore, specific policies and protection mechanisms in terms of gender are needed to protect their rights and well-being and respond to their needs at different stages of migration. In most cases, gender roles and stereotypes result in the segmentation of the labour market, with women being concentrated in low-skilled, low-wage sectors. Inclusive policies that address gender equality in labour markets need to be further expanded to remove such obstacles and open up more avenues for upward mobility for women.

Understanding the intersectionality of gender and migration is important to making comprehensive and inclusive policies, considering the particular needs of all migrants, especially those in the marginalised gender group. Intersectionality, which relates to how other factors such as race, class, and sexuality intersect with gender, forms a useful lens on the complex realities faced by migrant women (Evans-Winters, 2021). All these intertwined factors shape the experience of female migration and their opportunities in sending and receiving countries.

1.17.1. Feminist perspectives on migration and gender.

The feminist approach to migration and gender has focused on how gender shapes the migration experience, and how, in turn, migration influences gender relations. Indeed, feminist scholars stress the interconnection between gender and migration; they contend that migration is a gendered process, one that uniquely positions women's experiences (Christou & Kofman, 2022). Transnational feminist studies have underlined the continuity of migration, with a paramount emphasis on the importance of maintaining family ties and involvement in transnational networks. Quite often, migrant women remain involved with their families through remitting money, communication, and the sharing of resources, thereby remaining a vital part of their communities while abroad (Ide, 2021).

Intersectionality, therefore, stands at the centre of feminist migration studies in their recognition that the migration experience for women is determined not solely by gender but also by race, class, and sexuality. These latter positions determine the woman's treatment and her chances throughout the course of migration. For example, a woman migrant coming from a minority racial or ethnic group may be confronted with twofold discrimination – as a woman and as part of a minority group.

Feminist political economy focuses on how global economic structures, gender, and migration intersect and these factors mutually shape and reinforce inequalities (Mehrotra, 2022). This perspective underscores how global economic forces shape migration and opportunity and challenge women. Women also commonly migrate into low-wage, gender-segregated employment within devalued occupations such as domestic labour, caregiving, or agriculture. These jobs often come with poor working conditions, little labour protection, and very few social benefits, all contributing to the reproduction of gender (Kiros & Abebe, 2020). Feminist political economy also addresses how migration might reproduce gendered inequalities since female labour is taken advantage of while their care work is devalued in the receiving and sending countries (Cheung & Scheyer, 2024).

These become fundamental feminist frameworks that help in the understanding of both the gender dimensions of migration and how female migrants negotiate complicated structures that are largely exploitative in nature. The feminist perspective that framed much of the work and research in policy and advocacy related to migrant women keeps shaping contemporary discussions related to migration policy and gender equality.

1.18. Migration experiences of young women.

Based on the above, it is therefore evident that the country of origin, destination, socio-economic background, and purpose of migration are some of the factors influencing young women's migration experiences. Despite these differences, some common trends and issues also emerge. Rahman (2011) estimates that approximately half of all migrants today are female and young women represent a significant percentage of all global female migrants, their migration experiences may differ significantly from those of males, given certain gender-specific vulnerabilities.

The study by Dowling et al. (2019) on migration experiences among young female migrants and refugees in Australia highlights some of the key experiences of this particular group of migrants. These experiences provide useful insight into the challenges that young women face in their journeys of migration, as shown below.

Settling challenges and integration: There are many challenges that young female migrants face in the processes of settling in and integrating into the host country, such as poor language proficiency, unavailability of further education and job opportunities, or lack of a social support network (Ennaji, 2014). These, at times, contribute to feelings of isolation that limit full participation by the migrants in the new communities. The lack of access to economic

opportunities and education reduce their potential and make them succumb to a vicious cycle of poverty (Wong et al., 2023).

Traumatic experience: The majority of the young female migrants undergo traumatic experiences during migration. The trauma always revolves around situations that may involve conflict, violence, or displacement at home or in transit (Myers-Walls, 2018). The incidents of these experiences may sometimes be left as legacies of long psychological and emotional impressions that may negatively impact their well-being and mental health. Young women with the intention to migrate require specialist support pertaining to trauma and resilience for them to be effectively integrated into their host communities.

Gender-specific vulnerabilities: Most female migrants are bound to face many vulnerabilities that specifically relate to their gender, including discrimination, exploitation, and even gender-based violence, in contrast to males of their age group (Merino Orozco et al., 2023). For example, they will likely fall victim to sexual harassment, trafficking, and abuse during or after migration to the host country. This exposes them to vulnerability, whereby targeted intervention and support mechanisms become necessary in the protection of rights and safety concerns throughout the migration process.

These findings highlight the fact that young women face specific challenges during migration, which need policies and support structures in a manner commensurate with their needs. This calls for gender-sensitive approaches within migration policy and programming so that the rights and well-being of young women are protected and they can navigate the process of migration more safely and with more opportunity.

1.19. Chapter summary

The migration experiences of young women emphasise specific and multi-faceted challenges at every stage of the migration process, shaped by socio-economic, cultural, and gender-specific influences in relation to migration decisions, journeys, and settlement processes in the destination country. Young female migrants face greater risks than boys do of becoming victims of exploitation, discrimination, and gender-based violence. These are further exacerbated by the systemic barriers of limited access to legal documentation, healthcare services, and employment opportunities in the host countries.

Secondly, within migration dynamics, there is particular pressurisation of a gendered nature: very often, the young women find their way out between the expectedness within their home

communities and the gender expectedness of another socio-cultural setting into which they move. Many are under compulsion to combine family care with the demands of economic independence, mainly in poorly paid jobs and insecure sectors such as domestic work, retail, and care. While these may enable them to bring in some household income, most of these tasks often go together with workplace exploitation, job insecurity, and social isolation.

These challenges do not, however, deter the young female migrant, who mostly through resilience and agency rises above most of them. Women largely adapt to the hostile environment through coping strategies, social networks, and acquiring new lifelong skills that better their lives regarding self-sufficiency. Though traumatic, these experiences catalyse the migrants' contribution towards family up keeping through remittances and community development.

Addressing the particular experiences of young female migrants is at the core of making migration policy and support programmes more inclusive for better well-being and protection. It therefore requires that stakeholders – that is, the government, non-governmental organisations (NGOs), and international agencies – work in concert to create gender-responsive interventions in education and health and safe job opportunities. More knowledge of their migration experiences will eventually translate into more effective strategies that make migration a pathway to empowerment, not a source of vulnerability.

Chapter 3

MIGRATION AND LESOTHO

1.20. Introduction

Migration has a profound impact on Lesotho, influencing its demographics, economy, and social dynamics (Kali, 2020). The country experiences both emigration and immigration, with a substantial number of Basotho seeking employment opportunities beyond their borders, especially in neighbouring South Africa. The limited prospect of employment and poverty, besides other economic issues, have generally made migration a way of life for many Basotho today.

The migration of Basotho to South Africa dates back in the 1800s in pursuit for greener pastures with mining serving as the primary source of employment and livelihood for many Basotho families at the time (Misra, 2019). For so long the migration of Basotho into South Africa has had economic implications, given the importance of remittances sent by Basotho workers in the economy of Lesotho. Unfortunately, in the 1990s, the mining sector in South Africa downsized reliance on foreign labour which led to the loss of remittances initially invested in Lesotho. The loss of jobs in the mining sector forced many Basotho immigrants in South Africa to resort to informal employment which includes artisanal mining (Makhetha, 2020), working as housemaids, farm workers, bar attendants among others.

1.21. Overview of Lesotho

Lesotho, a nation completely encircled by South Africa, undergoes substantial migrant flows that influence its social dynamics, economy, and population. (Rantšo & Ralitjeleng-Mahlelebe, 2023) According to historical trends, there is a lengthy history of colonial authorities encouraging Basotho people to migrate to South Africa to work in mines (Suping, 2022). Over the years, Basotho migration to South Africa has always been driven by the search for job opportunities which is closely intertwined with internal rural- urban migration within Lesotho (Wilkinson, 1983).

Migration has been a major force in the economy of Lesotho, with the country gaining about 25% of its GDP through remittances as of 2006. (Ulicki & Crush, 2007). However, the growing reliance on remittances as a means of generating income is accompanied by increasing danger,

with migration becoming ever riskier (Adepoju, 2003). Yet, migration has created employment opportunities for unskilled and half-skilled labour in South African mines, farms, as well as domestic settings (Matsumoto, 2022). In addition to this, many unskilled and semi-skilled women in Lesotho find employment through textile manufacturing. The work they undertake brings practical alleviation of poverty and makes living standards better for all concerned. However, the remittances are seen to be unreliable because of the restrictions on the entry of migrants into South Africa and job losses (Evenett & Vines, 2012).

Despite the importance of migration to Lesotho, Lesotho faces several problems associated with its economic reliance on remittances coming from Basotho migrants in South Africa. With South Africa making it hard for Basotho Migrants to access its job opportunities, it is particularly affecting women with fewer job opportunities as compared to men (Morolong, 2015). To mitigate these challenges, there is a need to address the root causes of migration to mitigate the challenges through supportive policies and programmes.

An in-depth and complex understanding of migration in Lesotho is required for devising policies that would harness its benefits and address its challenges. With informed policy implementation, the creation of economic opportunities within the country, and the protection of migrant rights, Lesotho can make migration a driver for sustainable development. In this respect, there is a need for involvement by all stakeholders – government, civil society, and international partners – to ensure that migration serves both the individual and the nation at large. Lesotho may use migration as a catalyst for sustainable development by enacting well-informed policies, fostering domestic economic growth, and defending the rights of migrants. To guarantee that migration benefits both the person and the country as a whole, all relevant parties – government, civic society, and foreign partners – must be involved.

1.22. Patterns of migration in Lesotho.

Migration in Lesotho is internally and internationally motivated, driven both ways by multi-layered interacting economic, socio-economic, and environmental causes. These patterns, which reflect general trends in broader socio-economic indicators, are fraught with serious implications for individual welfare, households, and national development prospects.

1.23. Patterns of migration.

Lesotho, a land locked country fully surrounded by South Africa faces enormous challenges that include limited economic opportunities and high unemployment rate which makes labour migration especially to South Africa an important livelihood strategy for many Lesotho nationals (Matsumoto, 2022). Migration among Basotho is a deeply rooted long standing phenomenon due to the historical economic contexts in the region. Various migration patterns exist in Lesotho, as discussed below.

Seasonal agricultural migration: Basotho people transiently work in agriculture in South Africa and Lesotho to help the agricultural economy and make money during specific seasons (Matsumoto, 2022). This particular migration pattern is driven by search for work opportunities and since seasonal agricultural migration produces income and opens up work opportunities, its significance to Lesotho's economy is recognised (Mensah, 2012).

Rural-urban migration: Rural -urban migration especially among the youth in Lesotho is a significant factor influencing economic dynamics both in rural and urban Lesotho. Basotho largely migrate to urban areas such as Maseru the capital city of Lesotho in search of better infrastructure, jobs, health, and educational facilities (Ye et al., 2021). This migration influences a cascade of changes in both origin and destination places (Zhang & Song, 2003).

Migration of refugees and asylum seekers: The Lesotho government is hosting refugees and asylum seekers from different countries, mostly from the Democratic Republic of the Congo and Eritrea, among other countries. The Lesotho government offers protection, food, shelter, and help to individuals fleeing persecution, political unrest, or war. However Lesotho like many other refugee- hosting countries are facing complexities in balancing its meagre resources with the needs of vulnerable populations such as refugees (Kali, 2020).

These migration patterns have wide-ranging effects on Lesotho's social, economic, and cultural landscape. Remittances contribute to the economy but pose challenges such as brain drain, family separation, and the risk of exploitation and discrimination for migrants.

1.24. Main factors driving migration in Lesotho.

Various causes are attributed to migration in Lesotho, influencing internal and international migration. Based on the socio-economic and environmental conditions of Lesotho, different incidences that influence decisions to migrate and shape the trend of migration are noted, with the major causes discussed next.

Limited job opportunities: High levels of unemployment in Lesotho, particularly among young people and rural populations, have driven many into migration in search of better prospects. The overall unemployment rate of Lesotho was 22.5% in 2019, whereas that for the youth was 34.4%. These limited economic opportunities drive migration internally within Lesotho or across the border to South Africa, where migrants search for work in the mining, construction, agriculture, and domestic work sectors.

Poverty and economic hardships: Poverty and economic hardships are some of the drivers of migration, where people and families seek better living standards (Sunge & Mudzingiri, 2023). Lesotho experienced a national poverty rate of 49.7% in 2017, with the rural areas being the most affected (Ali et al., 2019). The country has limited resources and is highly vulnerable to climate shocks, which are some of the reasons for its poverty. Migration reduces poverty and generates income by providing access to employment opportunities and remittances that uplift families.

Geographical proximity and historical linkages: The geographical proximity between Lesotho and South Africa, coupled with the historical links between the two countries, influences migration (Letsie, 2024). South Africa's strong economy, coupled with a shared border and the job market in South Africa, draws Basotho migrants. Besides trade, cultural links, and the history of labour migration, proximity plays a major role in migration. Men, in particular, are encouraged to seek employment in a range of industries in South Africa due to job vacancies

Climate change and environmental factors: Droughts and climate change impact livelihoods and agriculture, leading to migration. It is commonly known that Lesotho is at risk due to climate change because of the effects on agriculture and decreased productivity caused by changed rainfall patterns and more frequent droughts. The effects of climate change force people to migrate in search of alternative sources of income for survival (Allen & Hof, 2019).

1.25. The impact of migration on Lesotho

Migration significantly influences Lesotho's social, economic, and developmental landscape, bringing both opportunities and challenges. The movement of people across borders and within the country has far-reaching implications for families, communities, and national progress.

1.25.1. Negative contributions of migration in Lesotho

Although migration may have some advantages, there are several disadvantages that might impede progress and welfare in Lesotho. The major adverse effects include the following.

Brain drain Brain drain is one problem that emanate from the migration of a skilled and brilliant workforce. Highly qualified professionals, such as doctors, nurses, teachers, and engineers, have left the country in pursuit of greener pastures outside the country. Such a loss of competent human capital can restrain development and capacity in major important sectors in a country like Lesotho (Madubuko & Nwaka, 2024).

Social disruption: Migration is capable of causing disruptions to the social and family networks within an origin country (Foltz et al., 2020). Lengthy periods of stay have been linked to erosion in social cohesion, family links, and other forms of social networking, thereby impeding migrant families' livelihood strategy in rural areas (Moret, 2020).

Remittance dependency: While the money sent back home by migrant workers keep the families they leave behind in a better position, it is also a burden that hampers local economic development and gives way to dependence on remittances. (Lim & Basnet, 2017). This may lead, in some cases, to lowered entrepreneurship and productive investment in the country (Prayitno et al., 2020).

Lack of skills and knowledge: Lesotho like many other developing countries, faces a significant challenge regarding shortages of skilled workforce largely due to brain drain which severely constrains innovation, technological expansion and human capital development. The loss of competent human capital with the potential to drive the country's economic growth and competitiveness slows national development (Penkala, M., 2024).

1.25.2. Positive contributions of migration in Lesotho

Migration has played a pivotal role in shaping Lesotho's economy, social development, and efforts to alleviate poverty. The movement of Basotho citizens, particularly to neighbouring South Africa, has yielded several positive outcomes that contribute to the well-being of individuals, households, and the nation as a whole. Positive contributions of migration include economic contributions, poverty reduction, and knowledge and skills transfer.

1.25.2.1. *Economic contributions*

1. **Remittances:** Lesotho's economy heavily depends on the remittances sent by migrant workers to their relatives back home. Remittances are a significant external source of

capital for developing countries like Lesotho (De Haas, H., 2007). Remittances play an important role in increasing the balance of payment for developing countries (Bouhga-Hagbe, 2006).

2. **Employment generation:** Migration has created different types of employment in various sectors. Most of the skilled and unskilled/semi-skilled young women in Lesotho depend directly on the textile industry for their livelihood, making it a major employer (Moses, 2014). Mabathoana et al. (2019) also confirm the same fact that the textile industry most of which is owned by migrant foreign nationals employers almost 46000 Basotho most of whom are women.

1.25.2.2. Poverty reduction

1. **Income generation:** Through migration, people are exposed to opportunities for employment and earning an income to improve living standards. The remittances contribute to improved livelihoods in Lesotho and a reduction of poverty levels in households receiving remittances. Studies across different countries and regions like Mexico and Nepal have demonstrated the potential of remittances on reducing poverty levels and improving standards of living (Nuñez & Osorio-Caballero, 2021).
2. **Household welfare:** Studies have demonstrated that migration whether internal or international significantly impacts household welfare particularly through employment and remittances (Kandilige & Yaro, 2023).

1.25.2.3. Knowledge and skills transfer

1. **Return of migrants:** Returning migrants possess experience, information, and capacities acquired abroad, potentially contributing to the broader social and economic landscape of their home countries and contributing to human capital development (Xhaho et al., 2024). Further to that migrants accumulate capital while abroad which include financial, social, human and technological capital which become valuable assets upon their return to their home countries (Ammassari, 2008).
2. **Social and cultural exchange:** Migration influences social economic and cultural realities between sending and receiving countries. The social and cultural exchanges include a variety of aspects namely cultural, knowledge, information exchanges and the fostering of understanding, tolerance and friendship between countries (Liu et al., 2020).

1.26. Experiences of Basotho migrants.

When Basotho migrate in search of a better future, many factors work together to determine what kind of experiences they will have. These include economic conditions, the social structures they enter, health risks, and legal frameworks. Experiences vary from person to person; however, there are common patterns that highlight opportunities and challenges in the lives of Basotho migrants. Among these experiences are the following.

Economic opportunities and livelihoods: The majority of Lesotho citizens leave home to earn a living for example, by seeking work in South Africa, where wages are higher (Mensah, 2012). The promise of higher wages and more secure employment in mines and domestic and agricultural settings often outweighs the difficulties involved in the migration process. However, economic migration is not devoid of difficulties; migrants frequently face precarious conditions, job insecurity, and wage exploitation, all factors that potentially impede the ability to reach economic stability.

Family separation and social dynamics: Oftentimes, migration causes long periods of separation of family members, mainly men, as they migrate to other countries for work, while leaving women and children behind in their home country. Such separation can come at considerable emotional and social costs, such as weakened family relationships, strain on relationships, and disrupted parenting (Arab, 2024). It also means that children grow up mostly without their parents, generally depriving them of normal emotional development. This also puts the responsibility for care and household work in the hands of women, altering traditional family structures and dynamics.

Health risks and access to healthcare: Migrants populations quite often face several health risks resulting from a combination of factors including engaging in hazardous occupations, such as mining and construction, which expose them to serious health challenges. As a result, they are more susceptible to occupational diseases and injuries, respiratory conditions, and infectious diseases such as HIV/AIDS and tuberculosis (Kim, M. and Gu, H., 2023). In addition, their economic position, discrimination, and migration status can further reduce their access to healthcare in the host country. Poor access to health services contributes to a worsening the pre-existing disease states and contributes to a general deterioration in well-being within migrant communities.

Exploitation and vulnerability: Most migrants often face a series of vulnerabilities and are frequently victims of exploitation, discrimination, and abuse in the host country due to prevalent factors such as irregular migration status, language barriers, and/or limited knowledge of rights. Such conditions place them at the mercy of unscrupulous employers and even law enforcement officers (Machacha, 2023). The conditions include stolen wages and hazardous work conditions which are very restrictive to many Basotho migrants. Language and cultural barriers and social isolation can lead to alienation and estrangement. To deal with new social requirements and expectations in a foreign nation, many emigrants often suppress their cultural identity at the same time. It is a challenging process to legally address any infringement of one's rights. Moreover, female migrants particularly are more exposed to all types of exploitation, including gender-based violence and human trafficking.

Cultural adaptation and identity: Cultural adaptation is quite a challenge that migrants experience when moving to new cultures in the destination countries (Ellis et al., 2019). The migrants have to adjust to new cultural practices, values, norms and traditions some of which conflict with their cultural identity.

Administrative and legal considerations: The Lesotho –South Africa boarder presents administrative and legal requirements that prove difficult for many Basotho migrants. Applying for documents related to residence and work is quite expensive and involves tedious processes (Kelly et al., 2017). It becomes even more cumbersome for those who may not be as educated or informed regarding labour and immigration legislation. Those who have not followed the proper procedures will find themselves either detained or deported and suffer a myriad of further legal repercussions.

In conclusion, a number of social, legal, health, and economic factors define the experience of Basotho migrants. Migrants do appreciate the opportunities to enjoy a better life in moving across borders, but a variety of issues need to be addressed or policy solutions designed specifically to ensure Basotho migrants' rights and welfare.

1.27. Future trends and recommendations.

For migration to be sufficiently managed and its potential benefits maximised, the trends and recommendations relating to migration in Lesotho have to be understood and accepted by policymakers, stakeholders, and communities. The following are the key suggestions and trends for the future.

Data collection and research: To improve migration in Lesotho, data collection and research are essential to inform evidence based policies. Monitoring and understanding migration patterns are crucial for addressing social economic challenges and harnessing opportunities for development and averting the potential adverse effects (Rustad et al., 2020).

Strengthening of policy framework: This aspect comprises a review of migration policy and its frameworks and ensures the rights of migrants are protected in accordance with the International human rights standards (Taran, 2022).

Diaspora engagement: Engagement with the Basotho diaspora and their networks, assets, and expertise might facilitate further development processes for Lesotho (Siwale & Hack-Polay, 2018). Such cooperation and better exploitation of diaspora potential can be achieved with the help of cultural interchange, knowledge sharing, and investment by the diaspora.

Social protection and support: Social protection programmes must be implemented and support extended to the vulnerable groups influenced by migration. Issues among the migrants and their families can be mitigated if their access to social assistance, healthcare, education, and other benefits is ensured (Alaverdov, 2021).

Regional and international cooperation: The effective management of migration is impossible without cooperation with international partners, regional organisations, and neighbouring nations (Bistrina, 2019). Safe and orderly migration can be facilitated by sharing best practices in managing migration, coordinating border management, and finding solutions to cross-border issues.

It is important to note that migration generally contributes greatly to Lesotho, be it in socio-economic and even development aspects. Migration patterns include labour migration into South Africa, seasonal agriculture, urban to rural and vice versa, circular, and even refugee and asylum-seeker inflow.

1.28. Chapter summary.

The migration of Basotho to South Africa dates back in the 1800s where predominantly Basotho migrated as survival strategy. The impact of migration on Lesotho presents both opportunities and challenges. While migration fosters livelihoods, innovation and entrepreneurship, it also leads to brain drain from the country of origin resulting shortage in essential skills. This two-edged view of migration impacts agrees with observations made by Beine et al. (2003).

Migration from Lesotho to South Africa is influenced by various factors. The decrease in job opportunities in South Africa has resulted in a decline in migration, prompting many migrants from Lesotho to return due to unemployment. Migrants face health risks, including vulnerability to HIV, human trafficking, sexual exploitation, and unhealthy working conditions.

Job opportunities in domestic and agricultural sectors have increased in South Africa, attracting more migrants from Lesotho. The high unemployment rate in Lesotho pushes individuals to seek work elsewhere, making them more susceptible to exploitation.

Migration in Lesotho has been feminised, with women taking up jobs in the textile industry, domestic settings, and farming in South Africa. Most migrants are unskilled or semi-skilled workers, since the available jobs do not require particular skills.

Young Basotho women migrate from the Leribe District into South Africa, facing both risks and challenges along their journey. The main migration reasons are economically motivated, whereas the visible risks include physical and sexual violence, human trafficking, and exploitation of various kinds. Further research is needed regarding young women's experiences to develop workable policies that respond to their challenges and allow for integration into South African society.

Chapter 4

QUALITATIVE DATA PRESENTATION AND ANALYSIS

1.29. Introduction

This research examines the experiences of young Basotho women migrating from the Leribe District in Lesotho to South Africa. The general introduction to the topic was covered in Chapter 1. Chapter 2 presented an international conceptual overview of migration as examined by other scholars in different parts of the world. This was followed by a closer look at the migration trends in Lesotho, in Chapter 3. Chapter 4 relates to the qualitative data presentation and analysis. To accomplish this, the chapter has been divided into different sections. The chapter begins by examining the characteristics of the interviews and the participants' demographic profiles. This is followed by a close examination of the major themes of motivations and drivers for migration. Important themes were extracted from the participant narratives in response to the interview questions. Under the significant themes, sub-themes were also scrutinised to better understand the participants' responses. The chapter ends with a reflection on the overall migration experiences and the prospects of the young Basotho women in South Africa.

1.30. Characteristics of the interviews

Before interpreting the study results, it is important to examine the interview characteristics. Table 4.1 below shows the participant ID, interview site, interview length, as well as the interview date.

Table 0.1: Characteristics of the interviews

Participant ID	Interview site	Interview length (minutes)	Interview date
FM1	Maputsoe Border	67	10-07-24
FM2	Maputsoe Border	56	12-07-24
FM3	Maputsoe Border	70	06-07-24
FM4	Maputsoe Border	41	14-07-24
FM5	Maputsoe Border	59	15-07-24
FM6	Maputsoe Border	58	16-06-24

FM7	Maputsoe Border	69	17-07-24
FM8	Maputsoe Border	58	21-07-24
FM9	Maputsoe Border	75	05-07-24
FM10	Maputsoe Border	46	24-07-24
FM11	Maputsoe Border	65	24-07-24
FM12	Maputsoe Border	59	25-07-24
FM13	Contact	55	26-07-24
FM14	Contact	71	26-07-24
FM15	Maputsoe Border	55	26-07-24

Regarding participant recruitment, the researcher directly engaged with the participants at the Maputsoe Border post. Women travelling from South Africa to Lesotho were targeted for potential participation in the study. The researcher gave them an information pamphlet that explained the purpose of the study in both Sesotho and English (Appendix A). The pamphlet also emphasised confidentiality and other ethical principles. The women who agreed to participate in the study were given a consent form to complete (Appendix B).

Two participants, FM13 and FM14, provided their contact numbers and were later contacted telephonically for participation in the study. These are labelled as “contact” in Table 4.1. They voluntarily provided their consent and agreed to participate telephonically. Most of the participants (n = 13) were interviewed at a major border crossing between Lesotho and South Africa. This location was chosen due to its accessibility for migrants. The shortest interview was 41 minutes long (FM4), while the longest lasted 75 minutes (FM9). This relatively longer time allowed the participants to share their experiences in detail. The interviews were conducted over three weeks in July 2024, except for FM6, whose interview took place earlier, in June 2024. The distribution of interview dates suggests that the researcher took a methodical approach, spacing the interviews out to allow for proper analysis and reflection.

1.31. Demographic profile of the participants

After analysing the characteristics of the interviews, the next step was to examine the demographic profile of the participants. Table 4.2 below shows the participants’ age, number of children, age at migration, place of origin, highest level of education, marital status, number of other dependents, and occupation in South Africa.

Table 0.2: Demographic characteristics of the participants

Participant	Age	Children	Age at migration	Place of origin	Education	Marital status	Other dependants	Occupation in South Africa
FM1	30	2	22	Hleoheng Ha Mashapha	Junior Certificate	Single	2	Housemaid
FM2	24	2	15	Mathokoane Ha Mpopo	COSC (Matric)	Married	1	Factory worker
FM3	27	1	23	Liphakoeng	COSC (Matric)	Divorced	0	Factory worker
FM4	27	0	21	Pitseng-London	COSC (Matric)	Single	0	Factory worker
FM5	33	2	30	Linotsing	Standard Certificate	Married	2	Factory worker
FM6	33	1	30	Ha Nyenye	COSC (Matric)	Married	1	Beautician & hairdresser
FM7	31	3	27	Ha Jobo	Junior Certificate	Divorced	1	Domestic worker
FM8	28	0	21	Kolonyama Ha Nnena	COSC (Matric)	Single	1	Miner
FM9	33	1	27	Motselisi Thapeli	Junior Certificate	Single	3	Bar attendant
FM10	30	1	24	Likhetlane	COSC (Matric)	Single	2	Domestic worker
FM11	34	2	19	Ha Nyenye	Junior Certificate	Married	6	Domestic worker
FM12	20	1	18	Ha Chonapase	Grade 7	Single	0	Shop assistant
FM13	35	2	34	Ha Mathata	COSC (Matric)	Widowed	0	Domestic worker
FM14	32	0	26	Lekhalong	Degree in Education	Married	0	High school teacher
FM15	28	0	26	Liphakoeng	LGCE certificate	Married	0	Factory worker

The age distribution of participants varied, with the youngest being 20 (FM12) and the oldest being 35 (FM13). Most participants were in their late twenties to early thirties. The age of migration also presents interesting insights. The youngest participants (FM2) left Leribe for South Africa at 15, while the oldest (FM13) migrated at 35. Most of the participants migrated

between the ages of 21 and 30. These results show that Basotho women of relatively younger age groups migrate to South Africa for different reasons.

Regarding the number of children, 9 of the 15 participants had at least 1 child, while 6 had no children. The number of children ranged from 0 to 3. Those with more children (FM7 with 3 children and FM11 with 2 children) may have additional family responsibilities. Closely related to the number of children is the number of other dependants. The number of other dependants these participants supported ranged from 0 to 6. These results highlight varying levels of responsibility among the participants.

The participants come from various regions within Leribe, part of Northern Lesotho. In terms of educational attainment, the participants exhibited relatively lower-level educational qualifications. While some had completed secondary education, such as those with COSC (Matric) qualifications (FM2, FM3, FM4), others held Junior Certificates (FM1, FM7) or Grade 7 (FM12). Only one participant (FM14) had a Degree in Education. Regarding marital status, 6 of the 15 participants were married, 6 were single, 2 were divorced, and 1 was widowed.

While in South Africa, the participants were primarily employed in low-skilled or semi-skilled jobs. Most of the participants worked as factory workers (FM2, FM3, FM4, FM5, and FM15) and domestic workers (housemaids) (FM1, FM7, FM10, FM11, and FM13). Others worked as beauticians (FM6) and shop assistants (FM12), and one was a high school teacher (FM14). These occupations are related to their level of education. Most occupations are consistent with the jobs often available to migrants, especially for women from rural or underprivileged backgrounds.

1.31.1. Explanations for failure to pursue educational goals

As the analysis above shows, the participants generally had low levels of educational attainment. The reasons for the low levels of education among migrant women include a mix of financial, personal, and academic challenges. A significant theme was the lack of financial resources. Many participants mentioned that their families could not afford school fees. In support, FM 8 had this to say:

While upgrading my grades, my father, the breadwinner in the house, passed on; hence, I had to leave everything because of a lack of finances.

Poor academic performance also played a significant role in preventing these participants from continuing their education. Some tried to upgrade their grades but were unsuccessful, discouraging them from pursuing a higher education. The academic difficulties they faced compounded the financial struggles. FM4 had this to say:

Yoooh! My grades were not allowing me to be accepted into the big higher learning institutions. I tried to upgrade my symbols but still did not do well.

Peer pressure and lack of guidance emerged as another reason some participants did not continue their education. Without proper mentorship or direction, many lost the motivation to continue their education. FM6 had this to say:

The resources were there, but at a time, peer pressure took over my decisions, and I refused to continue my studies. However, my grades needed minimal upgrading [for me] to be admitted to the university of my choice. If given a chance, I would gladly take it because I have seen that employment is very scarce without at least a degree in one's CV.

Unreliable financial aid or sponsorship also hindered educational progress for some participants. Several participants shared that they depended on sponsorships or bursaries. However, these sources of funding were either insufficient or cut off. Additionally, personal family dynamics and mismanagement of funds also affected the participants. FM14 and FM10 had this to say:

I wanted to continue with my studies but couldn't because I couldn't be granted another loan bursary from Manpower without fully paying my previous loan, paying a certain percentage, or continuing with instalments as I progressed. (FM14)

During my high school years, I was sponsored by Social Development due to financial difficulties at home; hence, when I completed high school, I had to look for a job to support my family. (FM10)

The results show that the participants failed to continue with their education because of three key reasons, namely financial, personal, and academic challenges. Lack of financial resources, peer pressure, and poor academic performance were some of the key themes for early school dropouts among the participating migrant women.

1.32. Motivations and drivers for migration

Most of the motivations for migration from Lesotho to South Africa as mentioned by participants were primarily economic. The participants felt pressure at home and saw relatively attractive economic prospects offered by the South African labour market. In most cases, the prevailing family situation compelled them to migrate to South Africa. The participants highlighted social and personal reasons as their basis for migration. The following sub-sections thoroughly explore the significant themes of reasons and motivations for migration.

1.32.1. Economic reasons for migration

The financial challenges faced at home pushed the participants to look for alternative sources of income to improve their situations. At the same time, the South African economy provided better opportunities for migrant women. This aspiration to secure a better future for their families was a driving force, as several participants mentioned their intention to escape the hardships they experienced in Lesotho.

My family was financially struggling and could not provide everything for everyone in the house because the money I made by selling perfumes was insufficient. (FM9)

I decided to migrate because we were suffering financially at home, and the agricultural activities that my parents were doing could not cover all the family needs as not all the products would be sold. (FM11)

These narratives suggest that the financial situation prevailing in Lesotho forced the participants to embark on the migration journey to look for better opportunities. These results show that most of the participants had to move because of the bad financial conditions they faced back home.

Another emerging theme was the desire to support their families at home. The participants also mentioned that the decision to migrate was informed by the need to help other family members, including children, siblings, and parents. Most of these dependants could not fend for themselves. Therefore, those who migrated felt that the responsibility was upon them. Consequently, the decision to relocate was motivated by the desire to provide for loved ones and prevent younger family members from facing the same hardships they experienced. Participants had this to say:

I wanted to change my family's living conditions and give my child the education she deserved so that she would be enrolled in tertiary institutions and have qualifications. (FM6)

The main factor that influenced my decision to provide food and educational security for my siblings was that we would sometimes go days without food in the family, and clothing for me as a teenager was a big problem. (FM1)

The narratives above show that the participants had a sense of responsibility to support their children and other family members. The desire to see others in a better position was one of the reasons for moving from Lesotho to South Africa.

Another prominent reason for migration was the need for more job opportunities in Lesotho. The participants also compared the Lesotho and South African labour markets and observed that South Africa offered better employment prospects. High unemployment rates in Lesotho forced many women to seek better prospects across the border. This is what participants said:

After graduating, I couldn't find a job; hence, the standard of living deteriorated. I tried to apply for any vacancies available but failed. I struggled to get employment in the country. (FM14)

There is a high unemployment rate in Lesotho; hence, I wanted to explore my chances for employment. (FM15)

The narratives above show that the South African labour market offered better employment opportunities compared to Lesotho. As a result, the participants migrated to seek better employment in the neighbouring country.

1.32.2. Social and personal reasons for migration

Family dynamics also influenced the migration decisions of several participants, forcing them to move from Lesotho to South Africa. Death or neglect by spouses was mentioned by some as a cause that forced women to make the bold move and migrate. This was also coupled with the pressure and responsibilities of working after having children. As a result, the women are looking for greener pastures to support their families. FM5 had this to say:

My husband had neglected his duties and no longer sent money for household needs; hence, I decided to go to SA for employment.

FM8 reported that:

A few years after the death of my father, his employer contacted my mother to announce that there must be someone to take up his space; as the only child of the deceased, I had to step up and join the workforce. Hence, I migrated to SA.

On the social reasons for migration, family-level dynamics were mentioned as the most significant contributor to migration. This was due to events such as divorce or the husband's

failure to provide. Retrenchment in Lesotho was also mentioned as one of the reasons for moving to South Africa.

1.33. Preparations for the journey to South Africa

Several forms of preparation were reported by the participants in relation to embarking on the journey to South Africa. The preparation was characterised by making local arrangements in Lesotho to leave everything in order while ensuring where they would go in South Africa. The migrations were not haphazard but well planned and executed after careful planning and preparation.

Most of the participants reported that they had to make living arrangements for their children and dependants to be cared for while they were away. For example, those with family responsibilities assigned close relatives to check on their children and homes during their absence, as shown in the following excerpts:

I had to ask neighbours to check on my brother, whom I was leaving behind regularly, get a luggage bag, transport money together, and wait to go with my neighbour. (FM2)

I took my child to a close relative, discussed her expectations, and came to an agreement. I alerted the neighbours of my decision as I communicated with my previous colleagues about the job opportunity abroad, then just crossed the border and boarded a taxi to their location. (FM3)

Living arrangements were important to make sure that children and other dependents were safe while the migrant women were away. These narratives show that other close relatives also helped by providing this critical support as part of the preparation for migration.

It was also observed that most of the participants relied on their networks and informal systems to facilitate the journey. Some participants contacted friends or relatives already living in South Africa to help them secure job opportunities and logistical support. FM5 had this to say:

I communicated my decision with my sister, who was already in SA, to update me on job opportunities. When the time was right, I boarded a taxi to her destination. I informed my mother so that she could take care of my children while I was away.

It is clear from these reports that part of the preparation also involved information-seeking behaviour by participants. Information was provided by close friends and relatives about situations prevailing in South Africa. This study argues that migration was also facilitated by other members already residing in South Africa.

Financial preparations were another critical aspect of the migration process. Several participants mentioned borrowing or generating money for transport and documents such as passports. On this point, FM8 mentioned:

After the call, I had to generate money so that I could apply for a passport, which was only dispatched after a month, and the transport fair to my destination, I informed the employers that I had received my passport and was ready to go; they had already given me some forms to fill, hence I started packing and waited for their whistle.

Finances were needed to process the necessary documents. Additionally, travelling expenses also required money and the migrant women had to make efforts to ensure that this was availed.

1.34. Embarking on the journey

One recurring theme was anxiety associated with leaving home for an unfamiliar environment. This fear was a shared sentiment, especially among those making their first trip. This is because they were uncertain about their destinations and how they would be received upon arrival. At the same time, other participants were excited about the overall experience of travelling to South Africa. FM6 is quoted as saying:

I had an exciting journey; everyone was very good to me, though I feared getting lost. However, I had people waiting for me at my destination, and they were the ones who had been leading my way to the present. They carried my hand to show me places and no-go areas, what kind of people to trust for directions, and how to behave among certain types of people.

Regarding the actual journey from Lesotho to South Africa, narratives suggest that most of the participants were anxious about travelling to unknown destinations. Most of the participants agreed that they had to be very cautious during travelling to avoid unfortunate incidents.

A recurring positive experience mentioned in the interviews was the assistance provided by fellow travellers or taxi drivers. It is clear from the participant narratives that taxi drivers and other travellers had an essential duty in helping migrants reach their desired destinations. Taxi drivers know South Africa better and are better positioned to assist the migrants as their clients. FM10 had this to say:

I boarded a taxi to Maputsoe, crossed the bridge, enquired about taxis going to my destination, and was directed to the registration office and then to the taxi going to my destination, leaving after three hours. Taxis do not leave the rank unless all seats are occupied or have reached a certain number of people after the set time.

Other travellers and taxi drivers were also found to be important during the journey from Lesotho to South Africa. Providers of cross-border transport services always want to make sure that the migration journey is flawless. Therefore, the transporters have an important role to play in the migration journey.

1.35. The role of support before and during migration

The participant narratives show that the participants received different forms of support. It was observed that support was rendered to migrant women by family and friends, employment agencies, and other members of the community. Regarding timing, different forms of support were offered before, during, and after migration to South Africa.

1.35.1. Support from family and friends

A central theme that emanated from the analysis was the pivotal role of family members in supporting the migration journey. Most participants mentioned receiving financial help, advice, and moral support from family members. In other cases, friends helped by sharing food or offering guidance on navigating the new environment. This social support network is crucial for easing the initial difficulties migrants often face when moving to a new country. It was also noted that friends helped with logistics, such as job searching and securing accommodation. Sometimes, friends were informed about job opportunities and assisted with transport and passport registration costs. In this regard, FM6 had this to share:

I had excellent support from both my friends and family, who helped me with job searching accommodation because they shared their food with me for some days to get on my feet and transport fare from Lesotho to my destination.

These narratives show how crucial family members and friends are, especially in assisting the migrants. They provided accommodation, food, and other essential goods and services. In some cases, it was noted that these networks also assisted migrants in looking for employment. It was also observed in the current study that participants who had relatives working in South Africa found it easy to migrate.

1.35.2. Support from employers and employment agencies

Employers and employment agencies were also essential sources of support, particularly in helping women. Several participants mentioned receiving direct assistance from their

employers and employment agencies through connections facilitated by friends and family already in South Africa. FM7 noted that:

Yes, my family supported me by guiding me to the employment agency, and I had to leave my children in my mother's care till I came back with something to provide.

This support from employers and agencies ensured that many participants could quickly find work and begin a new life in South Africa. This is another form of motivation for women to start their migration. Migration becomes easy if the women know where they are going. Additionally, if they are sure of the circumstances they will face, they feel motivated to migrate to South Africa.

1.35.3. Support from other community members

The third form of support is that from community members and neighbours who supported the participants during their migration. Neighbours often played a protective role, looking after the properties of the participants while they were away. Additionally, community members also offered advice on the migration process. The narratives show that the broader community provided a safety net for the migrants. As a result, community members' support ensured the safety of the women in their new location and of the properties left behind. FM13 reported that:

Yes, one of my friends told me about the car going in my direction and that it would be cheaper, since she knew of my decision. My neighbours are keeping an eye on my properties because there is no one I can leave at my house.

It was also observed that other community members were important during the migration process. Elders left behind in Lesotho provided the protection needed for the migrant women's properties. Additionally, some played an active role during migration by giving advice when needed.

1.36. Experiences of migrant Basotho women in South Africa

Upon arrival in South Africa, the participants faced different experiences. During their stay, they had different experiences regarding local support availability and support from the South African government and NGOs. Some participants also shared positive job experiences as well as challenges encountered at workplaces. Important themes on various difficulties while in South Africa were also extracted. The themes of these experiences in South Africa are fully covered in sections 4.9, 4.10, 4.11, and 4.12.

1.37. Assistance Offered to Migrant Women in South Africa

Essential themes were extracted on the support offered to migrant women in South Africa. The first theme was support availability, followed by support from the South African government and other NGOs. Another theme was the role of support networks as sources of inspiration and guidance to migrant women living in South Africa. The last theme centred around connections with other Basotho living in South Africa.

1.37.1. Support availability

Awareness of available support services was another key theme. Many participants knew about the services they could access while in South Africa. About 14 of the 15 participants reported being aware of the different support services they can access upon arrival in South Africa. These services include access to healthcare facilities, local police services, and other social amenities that anyone can access. FM1 shared that:

Yes, I get family planning assistance at the nearby clinic and medication when I am not feeling well.

FM3 also supported this by saying:

Yes, we do have access to medical treatment and get police intervention when in need of their services.

This widespread awareness suggests that information about support services has effectively reached the migrant communities. This ensured that many people knew where and how to seek help when needed. In some cases, there were even proactive efforts to inform the migrants about available health services.

1.37.2. Support from the South African government and other organisations

The participants received support from governmental departments and NGOs. The support was in the form of social, healthcare, and police services. Additionally, it was observed that participants received disaster management and social services, particularly in response to emergencies such as floods and fires. Healthcare services were a significant form of support that the participants accessed regularly. Many participants reported going to clinics for check-ups or receiving prescriptions when they were ill. The availability of accessible or affordable medical care, including reproductive health services, was crucial for ensuring the well-being of these migrants during their time in South Africa.

Police services also supported these women, mainly when they encountered theft or other criminal issues. Several participants noted that they had gone to the police for assistance to open cases when their goods were stolen. This highlights the importance of law enforcement in providing a sense of security for women, ensuring that they can seek justice or help in difficult situations. FM6 shared:

Yes, from social services, police, and non-government organisations providing us with food during our despair.

In addition to formal services provided by the government and police, NGOs offered significant social and material support. During times of crisis, many women turned to these organisations for necessities such as food, blankets, and temporary shelter. The presence of NGOs ensured that those facing extreme hardship could meet their basic needs while they worked to recover from their circumstances. FM3 had this to say:

Yes, from the disaster management during the floods and government organisations that were making soup kitchens during that time.

The narratives above show that the participants received support from both governmental and non-governmental organisations in South Africa. The participants had access to necessities such as food and healthcare, especially in times of crisis. Civil protection was also offered by the South African Police Service.

1.37.3. Participation in local support groups

It was observed that the participants did not participate in formal local support groups. Most of them mentioned that they were not members of any local support network for several reasons, including lack of proper documentation, shortage of time due to work commitments, and fear of foreigner victimisation. Many feared rejection or exclusion because they were foreigners. In support, FM15 had this to say:

No, I have never been involved in any community networks because I am afraid of being exposed and don't have proper documentation.

These results show that participation in local support groups was mainly done by local South Africans. The participating Basotho women reported failure to participate in local South African support groups due to work and other forms of commitment.

1.37.4. Connections with Basotho living in South Africa

The participants were also asked about their connections with other Basotho women living in South Africa. A central theme was the existence of informal Basotho networks that provided emotional and material support to the women. These connections allowed the women to share their experiences, discuss work-related issues, and provide mutual support as they navigated life as migrants in South Africa. Technology also played a crucial role in maintaining connections among Basotho migrants. WhatsApp groups were popular for staying in touch and discussing safety, job opportunities, and migrants' rights, as explained by FM9:

Yes, we do have a WhatsApp group for our network where we discuss our problems as migrants and try to devise strategies to deal with or avoid them, make everyone aware that despite being a foreigner, we also have rights like any other person.

One notable form of support was financial cooperation through initiatives such as stokvels. This allowed the women to pool and share money at year end. These financial arrangements helped the women manage their economic needs, demonstrating how these networks functioned not only for emotional support but also as a form of economic resilience. FM8 had this to share:

Yes, we have the Basotho network, where we meet once a month. I have formed groups like that of (Pitiki) and year-end stokvels, whereby we gather money, invest in a bank, and only share at the end of the year.

The results above show that the participants participated in different forms of connections with other Basotho women living in South Africa. Technology, particularly the use of WhatsApp groups, enabled this form of connection. Most of the women in the study reported that they benefited from the sharing of ideas, helping one another to solve problems, as well as participating in savings groups.

1.38. Job benefits and challenges

The participants also discussed the job-specific benefits they received from their employers. Additionally, questions were asked in the interviews about the work-specific challenges encountered. The participants reported different experiences, which are summarised in significant themes below.

1.38.1. Job benefits and positive aspects

The participants reflected on both personal satisfaction and practical benefits derived from their employment. A central theme was the financial stability and better wages that they received in South Africa compared to what they earned in Lesotho. Similarly, several participants highlighted the additional financial benefits of overtime pay. This financial improvement was a significant motivator and a key positive aspect of their jobs. FM5 had this to say:

I'm earning more than I was when I was in Lesotho. They are paying good money for overtime.

Another significant theme was the work-life balance afforded to these women, with many appreciating the time off they were given. Weekly off days, weekends off, and paid leave were expected benefits among the women. Time off allowed them to take care of personal matters and visit their families. This balance between work and personal life contributed to their overall job satisfaction. Participants shared the following:

The business is doing very well. Our employer takes us out at times. We have days off to do personal stuff or visit home. We eat meals from our workplace, hence expense reduction. (FM9)

I am provided with food, meaning I share meals with my employer, hence cutting expenses. I have a very understanding employer. (FM13)

Some participants also expressed contentment with the supportive and respectful treatment they received from their employers. Some described being treated “as a member of the family”, creating a sense of belonging and mutual respect. In some cases, employers even took their workers out for social activities or provided meals, which helped reduce living expenses and contributed to a positive work environment. This kind of familial treatment was particularly valued by the participants, who appreciated the kindness and understanding of their employers. FM11 had this to say:

I am treated as a family member. I get time off whenever I have things to care for at home. I go on leave whenever it's my time to, especially during Easter and Christmas holidays.

The results presented in this sub-section point towards three important benefits that were reported by the participants. Working in South Africa was associated with financial stability in the form of better wages. Additionally, the participants also noted that working in South Africa

allowed them a better work-life balance. Additionally, some reported fair and respectful treatment by their employers.

1.38.2. Work-related challenges

Although the participants reported significant benefits, it was also noted that their jobs came with several challenges. However, these challenges differed from one participant to another. One prevalent theme was discrimination, mainly based on their status as foreigners. Several participants reported facing hostility or exclusion from locals. Racial and national discrimination were recurring challenges, with participants feeling sidelined and mistreated due to their foreign status. For example, FM4 and FM5 concurred that they faced discrimination because of their foreign status.

Another prevalent theme was the long working hours and poor compensation many women endured. Some participants explained that they worked extended hours but were paid less because they did not have proper documentation. Additionally, some employers failed to provide promised benefits such as meals or breaks, contributing to a harsh and unsupportive work environment. On this point, FM3 had this to say:

Long working hours and language barrier when I first started work.

Language barriers also posed significant challenges for participants, especially in their early employment stages. Many found it difficult to communicate with their employers or customers, which impacted their ability to perform their jobs effectively. This lack of shared language created practical difficulties and exacerbated feelings of isolation and misunderstanding in the workplace.

Another critical issue was the poor treatment and exploitation by employers. Some participants described being treated like “slaves” by their employers, who would make unreasonable demands for example, having them care for children while simultaneously doing household chores. Others faced even more severe mistreatment, such as being denied food or being forced to perform demeaning tasks. These accounts highlight the power imbalance between employers and migrant workers, often leaving the latter vulnerable to abuse. FM7 recounted:

Employers expect us to work like slaves; they are primarily unappreciative of the work we do. Some employers would say they will provide food for you but, ultimately, make you suffer from hunger, hide food, or be selective of the food you are to eat. Some would want you to care for the children and house chores simultaneously, even when they are around.

Physical and emotional safety concerns were significant challenges for these women. Several participants reported unsafe working conditions, including threats from criminals as well as other dangerous elements. Most of the participants reported criminality. These unsafe environments were compounded by the fact that some migrants lacked proper documentation, making it difficult for them to report crimes or seek protection from the authorities. FM11 lamented:

Some of the villagers believe that we take their jobs as Basotho. We, at times, become victims of crime because some don't have the proper documentation for being in South Africa.

The results above reveal important concerns for migrant women in South Africa. This includes long working hours coupled with poor remuneration. Failure to communicate effectively and exploitation by employers were also raised as some of the challenges. Owing to increased crime rates in South Africa, participants also felt that they were not safe while working in South Africa. Unsafe working conditions were also reported by some of the participants.

1.39. Difficulties faced by migrant women in the communities.

Apart from work-specific challenges, the participants faced several difficulties in their communities. The significant challenges reported include language barriers, discrimination by members of society, and cultural differences. These difficulties are fully explained below.

1.39.1. Language barrier

One of the most prominent challenges faced by participants in the communities was the language barrier. Many participants reported communication difficulties, both with employers and in everyday interactions, mainly when using public transport. These language challenges extended beyond public services, affecting their ability to understand work instructions and integrate into the local culture. The language barrier also presented a significant communication challenge between the Basotho women and locals. FM4 also noted:

The language barrier has been a challenge since some tribes refuse to speak the international language but their own, and some do discriminate during social events, with remarks.

The narratives above show that most of the migrant women in South Africa have faced a language barrier. This not only limited them from communicating with employers but also

affected their ability to communicate with other members of their community. This challenge was notable in public places and when they used public transport.

1.39.2. Discrimination by members of the society

Discrimination was another major challenge faced by the participating migrant women working in South Africa. The discrimination often stemmed from their foreign status and language differences. One participant described being mistreated by her superiors simply because she was a Basotho. This discrimination was not limited to the workplace; it extended to social interactions, where Basotho women were sometimes excluded or stereotyped based on their ethnicity or perceived status as foreigners. FM2 had this to say:

Discrimination! Yes, I have been mistreated by my superiors only because I'm Mosotho and wouldn't hear them while plotting against me because of the language barrier.

The participants lamented that they were discriminated against because they were in a foreign country. At their workplaces, they did not receive the same respect and treatment as other local employees. Some reported that discrimination also made it difficult for them to occupy better positions at their workplace. This means locals were favoured even if they did not deserve to occupy some positions at work.

1.39.3. Cultural differences

Cultural differences also created difficulties for the participants as they adapted to life in South Africa. Many struggled with the differences in customs, food, and ways of life. Additionally, these cultural differences sometimes created friction with colleagues or neighbours. This also complicated their efforts to integrate into the local community. In this regard, FM12 reported that:

There are different cultures where I am, and they do things far differently from us as Basotho; these include food preparation, the kinds of food they eat, the way they carry themselves among people, and their religion.

Cultural differences were mentioned as one of the challenges faced by migrant women in South Africa. The cultural variances manifested in the form of differences in food and religion.

1.40. Coping mechanisms of migrant women.

Analysis revealed two central coping mechanisms for Basotho migrant women living in South Africa. The strategies include learning at least one South African language and avoiding local community members.

1.40.1. Learning at least one South African language

Learning at least one local South African language emerged as a critical strategy to integrate and overcome the language barrier. All 15 participants shared how they had tried to learn IsiZulu, which is widely spoken in South Africa. This adaptation was essential for communicating with employers, navigating public services, and reducing social isolation. Like other participants, FM3 reported that:

I had to learn the languages, especially Zulu, which is commonly used, and accept the cultural differences.

FM4 also noted that:

I have learned other language basics, and I tend not to say anything but excuse myself from the place when I meet such a situation.

Learning at least one South African local language proved to be a working solution for most of the participants. Since communication is the basis of all contracts engaged in, learning to communicate in a local language was an important determinant of how one negotiates. Therefore, the study determined that learning South African languages was beneficial for migrant women at work and in the community.

1.40.2. Strategic avoidance of locals

Strategic avoidance was another prevalent theme. Some participants chose to avoid locals whom they felt might create scenarios. This tactic helped them to stay out of confrontational or discriminatory situations. This also allowed them to focus on their work and personal lives without unnecessary challenges. Other participants became adept at handling tasks independently, such as using phone navigation to move around in unfamiliar areas or cooking their own food rather than relying on employers or community members.

1.41. The future of Basotho women in South Africa

Responses on the future of Basotho women living in South Africa highlighted five significant elements. These include views on their continued stay in South Africa, dreams and aspirations, reflections on migration, supporting home communities, and advice to those interested in moving to South Africa. These central themes are analysed in the sub-sections below.

1.41.1. Continued stay and plans in South Africa

The views of the 15 participants revolved primarily around financial planning, aspirations for returning home, and building a more secure future. A significant theme was saving money for future goals, with many participants expressing a strong desire to save enough to start businesses or improve their families' lives. Several participants expressed a desire to open their own businesses, such as salons, clothing stores, or employment agencies, once they return to Lesotho. FM1 had this to say:

I'm planning to save money to start a business for my mother so that she can earn an income.

These sentiments reflect the participants' long-term view of their stay in South Africa as an opportunity to accumulate financial resources for entrepreneurial ventures. These results suggest that all the participants believed that for one to be able to invest, there is a need for the accumulation of savings.

Another key theme was a desire to invest in family well-being, particularly in providing for their children's education and supporting parents. Many participants mentioned plans to secure their children's future through education. This focus on family shows how the participants viewed their work in South Africa as a means of personal advancement and a way to uplift their families back home in Lesotho. FM11 had this to share:

I long to build a house for my family. I was saving for my children's future and returning to running my food business before I became employed.

These narratives suggest that the main desire of migrant women is to provide a better life for those people left behind in Lesotho. Apart from providing for themselves, they also intended to support other members of their families.

1.41.2. Dreams and aspirations

The dreams and aspirations of the 15 participants were centred around education, entrepreneurship, family well-being, and financial independence. An important theme emanating from the analysis was the desire for educational advancement for themselves and their children. Many of the participants expressed a strong desire to further their education. This would allow them to secure a brighter future for their children through educational investments. These educational goals underscore their belief in education as a key to unlocking future opportunities. FM10 echoed:

I would want to invest education money for my child and my sister, build a home, and return home with enough money to start a business.

Entrepreneurial ambition also emerged as one of the aspirations among participants. Many participants hoped to start or expand businesses, with several already taking steps towards these goals. Entrepreneurial dreams show women's desire for economic independence and to support their families through successful ventures. This is what participants said:

My goal is to be able to help my family back home with their needs. I can do business to add to what I am earning at work. (FM11)

Having my agency might give me enough money to spread my business in all provinces. I hope my children have their educational investment plans through my savings. (FM7)

After the accumulation of enough wealth in South Africa, the participants intended to start their own business ventures in Lesotho. This would go a long way in liberating them from the challenges they face within the South African economy.

Supporting family well-being was another theme, with many participants aspiring to improve their families' living conditions. Many of the participants had plans to build better homes back in Lesotho, using their savings. This focus on family reveals how deeply connected the women remain to their roots in Lesotho, even as they work in South Africa. Their dreams are not solely for personal advancement but also for uplifting their families. FM14 had this to say:

My goal is to build a dream house for my family. I want to be financially able to enrol for my master's at the university, secure a better future for my children.

The provision of basic living standards, such as shelter, was important to the participants. Some believed that providing decent housing for their families was one of the important aspirations they held. These results highlight the need for decent housing in Lesotho.

1.41.3. Reflections on migration to South Africa

The participants could also reflect on their migration from Lesotho to South Africa. A prominent theme was the need for vigilance and caution in South Africa. Many participants highlighted the importance of staying alert, avoiding risky situations, and trusting others. This advice stems from their experiences in a country where crime and exploitation are real concerns, shaping their cautious approach to life as migrants. Crime and safety concerns were recurring challenges that marred some of their experiences. While some participants positively interacted with locals, others emphasised the dangers of living in South Africa. FM5 had this to share:

SA is not always safe; one should avoid things that can lead to misfortunes. Being in SA and having the opportunity to make my own money has been exciting.

Apart from staying vigilant while travelling to South Africa, another significant theme was the personal growth and empowerment the participants experienced during their migration. Several participants reflected on how their time in South Africa helped them become more financially independent and gain valuable skills. The opportunity to earn money and develop professionally gave them a sense of accomplishment and self-reliance. FM2 had this to say:

It has been an eye-opener; I have realised that I can even buy clothes for others in business in Lesotho at a charge and deliver them by post. Different cultures can be one only if there is a mutual understanding.

The results above suggest that the participants believed that when travelling to South Africa, safety is a key element. This also calls for enough preparation before and during travelling to South Africa. The participants noted that South Africa is different from Lesotho in terms of the different risks women are exposed to.

1.41.4. Supporting home communities

The participants were also asked about their prospects of supporting communities back home in Lesotho. They gave several answers concerning their ability to work with home communities. A recurring theme was the desire to help home communities through employment. Many participants hoped to create jobs in their home communities if their businesses succeeded. Some discussed plans to support specific causes, such as local orphanages or youth clubs. Their views reflect a vision of giving back to their communities by helping others achieve financial independence. The above notions are reflected in the below excerpts:

Yes, I believe that with the business I plan to do, I will be able to employ 1 or 2 people to make their lives different. (FM5)

If my plans succeed, I will donate to a nearby orphanage, which has struggled to get funds from the government and non-governmental organisations. (FM8)

Apart from supporting their families and close relatives, the narratives above show that the participants also believed that other members of their community could benefit from them. These narratives show that giving back to the community is a cultural norm that is observed among the Basotho.

Financial limitations also played a significant role in shaping the women's views on supporting their home communities. Some participants acknowledged that they were not currently in a financial position to offer support, though they hoped to do so once they succeeded. This highlights the challenges many migrants face in balancing personal financial struggles with their desire to give back. FM9 had this to share:

No, I don't think so; even if I wanted to, I am not in a good space financially to say that I can support anyone else unless I support them by giving information, yes, that I can do.

FM11 shared similar sentiments:

Only sometime now, maybe if I become successful, I will be willing to support my community.

Financial contributions to society can only be made when one is satisfied or when the necessary family needs have been met. Most of the participants had a desire to assist others, but financial resources were an impeding factor.

1.41.5. Advice to young Basotho with intentions to migrate to South Africa

A key theme is the importance of having proper documentation. Many participants emphasised needing a valid passport and work permit to avoid legal troubles. This reflects their understanding of the risks of working illegally in South Africa and the importance of navigating the country's legal and immigration systems. FM15 said this:

Have a valid passport if you find a job that can score you a work permit. Don't be misled by social network job advertisements – most are untrue. Never be misled by people who say their employers will provide free transport to, and accommodation for you in SA.

Another critical theme is research and preparation before migrating. Several participants stressed the need to thoroughly research job opportunities, documentation requirements, and living arrangements before leaving Lesotho. This advice highlights the significance of being

well-informed and not relying solely on others' promises, which could lead to exploitation or disappointment. FM2 had this to share:

Take precautions; don't allow anyone to take advantage of your situation. Do your research about available opportunities and documentation needed before migrating.

Safety precautions are another critical aspect of the advice. Many participants urged young Basotho to be cautious and avoid risky or shady activities, especially regarding employment offers and living conditions. This advice stems from their own experiences and is aimed at helping to prevent new migrants from becoming victims of crime or exploitation. FM12 had this to share:

Have someone to hold your hand through till you become independent. Refuse to live in shady areas where there is much crime. Always listen to your instincts for your safety.

Trust and support networks also emerged as a crucial theme. Many participants advised young migrants to have someone they trust to guide them through the migration process, from finding a job to obtaining the necessary documentation. This reflects the value of having a reliable support system to navigate the complexities of migration, reducing the chances of falling into vulnerable situations. FM1 had this to share:

Have someone you trust take you through looking for a job to acquire proper documents while in SA. Avoid believing in social media vacancies.

Maintaining ties with home was another piece of advice given to prospective migrants. Many participants stressed the importance of not forgetting the people left behind in Lesotho, as they often depend on the migrants for support. This reflects the sense of responsibility many migrants feel towards their families and communities back home and the reminder to stay connected and mindful of their support needs while abroad. FM8 had this to share:

Never forget about the people you left at home, because they will depend on you to make their lives better. Have proper documents to avoid being arrested and being deported.

The participants stressed having proper documentation before embarking on the migration. Maintaining ties with friends and relatives is also important. When in a foreign land, support networks go a long way in offering assistance when in need. It was also noted that constant communication with those left at home was encouraged.

1.42. Key findings

The study made the following key findings:

- Lower levels of education were reported among the participants, with most of them holding a matric as the highest qualification. Financial and personal challenges, coupled with poor academic performance, were some of the reasons for early drop-out from school among the participants.
- Women migrate from Lesotho to South Africa mainly because of financial challenges they face at home given the attractive employment conditions in South Africa. This is also coupled with the desire to provide children and other family members with necessities such as food and decent housing.
- A great deal of preparation is done before migrating to South Africa. Traveling arrangements are made with the help of employment agencies, other Basotho in South Africa, and prospective employers.
- Economic pressures and perceived opportunities are primary motivators of migration. Economic pressures include unemployment, poverty, and lack of resources in Leribe, pushing people to seek livelihoods elsewhere.
- Migrant women develop a range of coping mechanisms. The challenges brought on by migration are dealt with using various coping strategies employed by the women. These include: making new social contacts, utilisation of support in the community, and resilience through the ability to adapt.
- Basotho women aspire to live in South Africa. Most women in Lesotho dream of starting life in South Africa because of better job opportunities, health facilities, education, and living standards. Many migrate in search of employment, especially in domestic work, agriculture, or informal trading, to support their families back home.
- The young women experience many migration challenges. The first time travelling to South Africa is mainly associated with anxiety because of the uncertainty associated with the South African environment.
- During travelling, taxi drivers as well as other travellers play an important role in assisting the migrant women to reach their destinations.
- Support is rendered to migrant women by family and friends and other members of the community.

- While in South Africa, migrant women also receive support from South African government organisations as well as NGOs. This support includes access to food, healthcare, as well as civil protection.
- The Basotho migrant women profess little to no participation in local South African support groups because of work commitments and other social reasons.
- Migrant women participate in different forms of connections with other Basotho women living in South Africa. Technology, particularly using WhatsApp groups, enables this form of connection. Most of the women in the study reported that they benefited from sharing ideas, helping one another to solve problems, and participating in savings groups.
- In South Africa, Basotho networks allow the migrant women to connect with one another. These groups also help them to save money through stokvels.
- Migration brings substantial benefits for Lesotho women. A central theme was the financial stability and better wages that the women received in South Africa compared to what they earned in Lesotho.
- One prevalent challenge is discrimination, mainly based on their status as foreigners. The migrant women feel sidelined and mistreated due to their foreign status. This is worsened by language and cultural differences.
- Learning at least one South African language as well as strategic avoidance of local community members evolved as the major coping mechanisms used by migrant women.
- Financial contributions to society can only be made when one is satisfied or the necessary family needs have been met. Most of the women have a desire to assist others, but financial resources are an impeding factor.
- Having proper documentation before embarking on the migration is important, according to the participants. Maintaining ties with friends and relatives is also important.

1.43. Chapter summary

This chapter sought to present and analyse the data on the experiences of young Basotho women who migrated from the Leribe District in Northern Lesotho to South Africa. The chapter began by explaining the characteristics of the interviews, the participants' demographic profiles, and the motivations and drivers of migration. The chapter went on to present the major themes of the preparations and the nature of the journeys that the participants went through. It was

revealed that before embarking on the trip, much preparation is conducted with the support of family and other members in South Africa. Assistance is also sought from different organisations in South Africa and local communities. The chapter also presented major themes on work challenges, difficulties specific to women, and other forms of coping mechanisms. The chapter ended by examining the future of Basotho women in South Africa regarding their dreams, support for communities, and advice to those wanting to migrate to South Africa.

Chapter 5

DISCUSSION, CONCLUSIONS, AND RECOMMENDATIONS

1.44. Introduction

This chapter summarises the findings on the migration experiences of young Basotho women migrating from the Leribe District of Northern Lesotho to South Africa. This research examined the characteristics of the participants and their demographic profiles, as well as significant themes on motivations and drivers for migration. Important themes were then extracted from the narratives of the participants. The researcher then reflected on the migration experiences and the prospects of young Basotho women in South Africa. The current chapter provides discussions of the findings and presents the conclusions and recommendations.

1.45. Overview of the research

Lesotho is dependent on important socio-economic benefits from migration, and a large number of Basotho move to South Africa. The search for livelihood opportunities drive many Basotho especially young people to seek job opportunities in South Africa (Chen et al., 2022). The migration of Basotho to South Africa is largely influenced by limited job opportunities and limited industrialisation in Lesotho (Chen et al., 2022). This further affirm the assertion that migration constitutes a significant portion of the Lesotho labour force.

However migration has its own problems. While migration offers potential benefits, migrants face significant challenges especially concerning cross border entry restrictions and employment obstacles in South Africa (Sibanda & Stanton, 2020). While migration can lead to more significant opportunities for individuals and households, it can also be harmful. Therefore, it calls for a nuanced analysis.

This research investigated the migration patterns and processes of young Basotho women migrating between the Leribe District and South Africa. The study emphasised their unique challenges, opportunities, and survival mechanisms in migrating. The following research objectives guided the study:

1. To identify why young Basotho women migrate from the Leribe District of Northern Lesotho to South Africa.
2. To explore the challenges young Basotho women face during migration.

3. To examine how young Basotho women navigate their social and economic identities in the host country.
4. To identify the coping mechanisms employed by young Basotho women to overcome migration challenges.
5. To recommend policy interventions and support mechanisms that could improve the migration experiences of young Basotho women and address the challenges they face during migration.

With 21% of Lesotho's 2021 GDP consisting of remittances, migration continues to play a significant role in the country's socio-economic transition (Beischroth-Eberl, 2021). As a result, many Basotho families depend on migration to improve their economic situation and living conditions, in turn bringing them out of poverty. In addition to providing funds, migration serves as a vehicle for bringing new experiences, knowledge, and fresh talent back to Lesotho (Peters, 2021). This improves the working conditions of Lesotho's human resources and allows for creativity as well as productivity to be brought into many fields such as the agriculture industry. Furthermore, migration brings versatility and understanding through the cultural interaction between Lesotho and host nations. The potential disadvantages of the new vulnerabilities of migrants and the sense at home that families are falling apart are always present. However, the nation as a whole largely benefits, for example, through the remittances sent back home.

This research utilised a qualitative approach and surveyed 15 young Basotho migrant women in the Leribe District through in-depth interviews. In Lesotho, 18- to 35-year-olds are legally considered youth; the 15 participants interviewed fell within this age bracket. The study recorded firsthand experiences, reasons, challenges, and aspirations of their migration process through the interviews. Thematic analysis established patterns and themes in the data, which provided information on their reasons, challenges, social support systems, and integration strategies.

Lesotho's overall migratory context was presented in Chapter 1, including an analysis of the economic benefits and disadvantages of migration. To clarify the qualitative approach taken in analysing migration experiences, the chapter presented a description of the research issue as well as the study's.

The literature review in Chapter 2 contextually situated the study, along with its analysis of gender and migration, the role that remittances might play, and social or economic results from Lesotho migration periods. It also mapped where there are still voids in research, particularly in relation to young migrant women. The gaps were highlighted in this study.

Chapter 3 discussed Lesotho's migration trends and the socio-economic and political reasons for migration. This put the account of young women in the Leribe District into context as well as their motivations and the reasons they migrated.

Through thematic analysis, Chapter 4 provided significant findings on the experiences of young Basotho women's migration. The chapter offered an account of their migration causes, experiences of encounters with challenges during migration, coping mechanisms, and how they navigate their identity in South Africa. In-depth qualitative interview data provided rich details on these themes.

The final chapter interprets the findings within the context of their significance, connecting them to the broader literature and study aims. It makes practical suggestions for policy intervention and support mechanisms to address migration issues and enhance young Basotho women's well-being.

1.46. Main findings

The main findings identified in the research are discussed below, as well as reasons for the conclusions and the appropriate recommendation/s.

1.46.1. Main finding 1: Migration brings substantial benefits for Lesotho women

Migration can contribute to economic development in countries of origin and destination. Migrant workers often fill labour market gaps, thereby not just raising productivity but enabling industrial and economic growth. In Lesotho, remittances play a crucial role in powering the economy. In 2006, migrant remittances accounted for 25% of Lesotho's GDP, serving as a major source of foreign exchange (Crush, 2013). It has also resulted in creating employment opportunities in different areas. The United Nations Development Programme (UNDP) recognises the textile sector as major employer especially for women with limited skills (Tanga, and Tangwe, (2014).

The participating women in this study said that their migration had brought concrete economic gains. They also derived personal satisfaction from the work they did while in South Africa. These participants also noted that, compared to Lesotho, where opportunities for earning anything at all are limited, they had more financial stability and higher wages in South Africa. This economic stability contributed to an improvement in their livelihoods and some could send money home to take care of their families and contribute to the poverty reduction and economic development of Lesotho, as reported by earlier studies.

Apart from receiving better wages, several participants pointed out additional economic benefits of overtime pay, such as improving earnings and enabling them to save or invest. Improving their financial status was a substantial factor and one of the most important positive features of their migration experiences. This finding supports literature showing that an income or job opportunity can be a potent stimulus for migration among female Basotho (Mensah & Naidoo, 2011). This also fits with migration literature indicating that better working conditions and any hope of upward movement are seen as major factors pulling women across borders.

In addition to the financial benefits, most participants expressed satisfaction with a good work-life balance in South Africa. They appreciated time off, where they could attend to personal matters and keep in touch with family members back in Lesotho. This notion is supported by studies indicating that the general well-being of migrants is achieved not only with financial success but also when migrants can retain family relationships and attend to personal issues (Tang et al., 2024).

Empirical findings also point out how migration facilitated personal and professional growth. Participants explained feeling proud of their ability to handle life in a foreign country with independence and financial autonomy. This aligns with other studies indicating that migration enhances personal resilience and agency among migrants, especially women.

These gains must be weighed against the challenges they face in integrating into society, job insecurity, and even workplace exploitation. These are significant challenges that make a case for policies not only addressing economic barriers in Lesotho but also securing the rights and well-being of migrant workers in countries of destination.

1.46.2. Main finding 2: Young women face many migration challenges.

Migration is a complex and multi-faceted process that affects individuals in different ways according to gender, age, and socio-economic status (with the latter being outside young women's influence). Specifically, in this migrant environment, young women face more difficulties than young men do due to stereotypes (e.g., "Women are weak"). They do not have the tools necessary for coping alone. This subject has been debated in the migration literature, and considerable interest has been placed on the experiences of young female migrants across different contexts. The discussions below highlight some of the significant issues faced by young migrant women, as evidenced in the literature.

Trafficking and exploitation: Young migrant women are highly susceptible to trafficking and exploitation, which exposes them to severe physical and psychological harm (Zafarullah & Swarna, 2024). They are very likely to face physical abuse, mental trauma, and health complications such as STIs, depression, post-traumatic stress disorder, and unwanted pregnancies. The clandestine nature and absence of legal protections in trafficking aggravates this vulnerability.

Brain drain and loss of human capital: This kind of emigration involves highly skilled young women, such as physicians, educators, and engineers, resulting in the loss of human capital (Alpheaus & Faan, 2024). Brain drain means that the country lacks a supply of skilled labour that is in high demand for economic take-off and primary industries growth. The emigration of young educated women not only hinders national development but also perpetuates cycles of poverty and backwardness in their country of origin.

Social network disruption: Migration frequently severs the bonds between young women and their families and communities. Social networks are lost, and traditional support systems become unavailable. This situation can have huge psychological effects, including feelings of loneliness, anxiety, and depression (Na & Hample, 2016). Without social unity and support networks, it is even harder for young women away from home to adjust to their new surroundings in an alien environment.

Economic dependence on remittances: While such remittances sent by these young migrant women are a boon to their families, they create economic dependence on them (De Vroome & Van Tubergen, 2010). This may discourage local economic development and reduce investment in local entrepreneurship. This may eventually undermine the financial sustainability of migrant-sending communities in the long run.

Social isolation and mental health issues: Young female migrants are often found in conditions of social isolation due to their inability to speak the local language, cultural differences, and stigma that comes with their migrant status. According to Dolan and Rudisill (2014), social isolation may trigger mental health disorders such as anxiety, depression, and feelings of loneliness. This is exacerbated by the stress of hostile environmental conditions and an absence of social support networks.

Separation of family and care responsibilities: Most women migrate to support their families, but this leads to long periods of separation from their families. Studies have identified the emotional burden of family separation in the case of a young mothers being forced to leave their children. The pressure of sending money further exacerbates psychological distress as a

result of juggling their responsibilities of care against the need to earn a living in precarious and exploitative conditions (Gulamussen et al., 2019).

Health risks and access to services: Young migrant women experience high levels of vulnerability to health risks, limited utilisation of healthcare services, reproductive health issues, sexually transmitted infections, and poor maternal care. Moreover, the fear of deportation or discrimination may make them avoid seeking medical help, even in emergencies (Hilton et al., 2014). These are additional barriers that contribute to making them more vulnerable and reduce their quality of life.

The literature overwhelmingly supports the fact that young women face many challenges in migration. The interlinked challenges faced by young female migrants include trafficking and exploitation, brain drain, disruption of social networks, economic dependence on remittances, social isolation, separation from family, and health risks. These are deeply rooted in structural inequalities and gendered power dynamics, shaping their migration experiences. These challenges necessitate targeted interventions and policy reforms that increase access to protective laws and social and psychological support. Understanding such challenges allows young migrant women to engage in work policies and mechanisms towards an inclusive migration system, affording equity for the migrants to have their rights and well-being assured.

1.46.3. Main finding 3: Economic pressures and perceived opportunities as major motivators for migration

The study emphasises that the major reasons for young people from Lesotho to migrate are economic pressures in Lesotho and attractive opportunities elsewhere, particularly in South Africa. This is reiterated by many of the study participants: “I have nothing to do and am hungry ... In Lesotho, we have no jobs. Economic uncertainty agitates my mind every day.” Migration as they declared through their accounts was not a choice but something necessary to feed children who cannot help themselves as well as ensure their own future with better living conditions than would be possible were they still in disaster-torn areas, such as Lesotho. The economic challenges in Lesotho, including an overall unemployment rate of 22.5% and a youth unemployment rate of 34.4% in 2019 (Van Duijne, 2019), disproportionately affect women, particularly in rural areas where poverty is most severe. Due to limited formal employment opportunities for these women, precarious economic conditions force them to seek work in South Africa, where several sectors are perceived to promise better wages and more stable income including mining, construction, agriculture, and domestic work.

The literature supports this finding, which identifies economic factors as the core of the migration decision. This is supported by the work of Harrison et al. (2015), which demonstrate that migration from Lesotho into South Africa is a migration of necessity where migrants are mainly in search of jobs not readily available at home. Apart from that, a gendered dimension in this migration trend can be noticed: women have fewer opportunities for formal employment and, consequently, migrate in search of informal or low-paid work abroad (Sullivan, O. (2019). The participants' accounts of migration as a survival strategy further reinforce what the literature states about structural economic inequalities that force women to migrate.

On the other hand, this finding underlines perceived opportunities in South Africa, which are not always aligned with the reality of migrants' experiences. While participants showed optimism for better wages and job security, literature indicates that many migrant women in South Africa are exposed to the risks of exploitation, poor working conditions, and vulnerability to abuse (Thomas & Lonobile, 2021). This mismatch between perception and reality suggests that more awareness and support are needed to ensure the safety and well-being of migrant women.

This finding therefore reinforces the present literature on economic migration, particularly the role that structural inequalities play in driving economic migration, besides gendered economic pressures. At the same time, the need to address the disconnect between perceived opportunity and actual experiences to create equitable and sustainable pathways for migrant women.

1.46.4. Main finding 4: Migrant women develop a range of coping mechanisms.

International women's migration flows have become a global phenomenon, pushed and pulled by economic, social, and political factors. Among migrant women, loneliness, discrimination, and difficulties with the local language impede their integration into the host society and hinder their well-being. In spite of such pressures, these individuals tend to be extraordinarily resilient. They adapt, find ways to survive, and often come out the better. Regional variations in the research show that migrant women actively work out how to deal with these challenges.

In the Middle East, migrant domestic workers serve as an example. Host-country language acquisition often equals empowerment as a basic survival strategy. Language skills can improve communication, social participation, and workplace involvement and reduce feelings of isolation (Atobatele & Mouboua, 2024).

Similarly, social networks and transnational support groups straddling their common cultural or national backgrounds provide one another with emotional sustenance. These everyday

resources into which people inject life may offer emotional support (Sainsbury, 2018). In South Asia, for instance, skills training increases resilience in migrant women who remain in constant emotional and economic contact with the countries they come from.

Common coping strategies across contexts include learning the host country's language, avoiding confrontation, and adapting to cultural differences, reflecting migrant women's resilience and determination. These strategies in and of themselves underscore the need for inclusive policies and tailor-made support systems.

Basotho migrant women in South Africa use two major coping strategies: learning local languages, especially IsiZulu, and avoiding confrontational interactions. Language skills would offer them better communication with employers, access to public services, and less isolation. Avoidance tactics help them to focus on work and personal life without unnecessary stress. Some women also use independence, relying on telephonic instructions to get around new environments and manage daily tasks. These strategies underscore their resourcefulness and adaptability, easing integration and daily challenges.

The literature widely recognises that migrant women develop a multitude of coping methods, survival skills, and even collective strategic abilities. Identifying and supporting these strategies are important for policymakers, researchers in particular, and practitioners working across the whole field. Only then can policies be made that respond to today's unequal status quo of migrant women globally with an understanding of how they have managed their own long and varied histories.

1.46.5. Major finding 5: Basotho women dream of living in South Africa.

The "dream of Basotho women to live in South Africa" is the intense desire of Basotho women to move abroad in search of further studies and better living conditions. It is a phenomenon prompted by push factors, including economic hardship, lack of education and health services, and unemployment in Lesotho, as well as pull factors, such as better job opportunities, higher wage levels, and better living standards in South Africa (Dhungana, 2020). The literature reinforces this notion by identifying migration as one of the channels through which women in developing countries achieve economic and social mobility. For Basotho women, South Africa symbolises the land of opportunity, which provides them with jobs in domestic work, retail, and the informal economy. Cultural and historical ties between Lesotho and South Africa further reinforce the aspiration (Letsie, 2024).

This research focused on young Basotho women who originated in Leribe but migrated from Lesotho to South Africa. The basis for the migration is economic hardship characterised by unemployment and a lack of education in Lesotho. They consider South Africa a venue for financial independence and to aid their families. Most of the migrant women followed their relatives and fellow townspeople who had already gone abroad and found jobs.

These findings are in keeping with the literature, which indicates that economic factors and social networks both contribute to migration decisions. At the same time, however, the study discloses a disconnect between aspirations and realities. While the literature on migration is often framed in favourable terms as empowering, participants discussed significant challenges in South Africa, including vulnerability to exploitation and discrimination, with limited legal protections. This might imply that the literature tends to overemphasise the positive contribution of migration and underplay the risks.

1.47. Recommendations

In light of the findings of this study, recommendations are proposed for each of the main findings through further research, better resources, and more valid policy frameworks to ensure safer and better-informed migration. The recommendations aim to guide further studies and inform policies that respond to the challenges and opportunities highlighted in this study. This section summarises, discusses, and analyses the chapter’s main findings in detail and goes further to provide recommendations on areas of future research and application. It hopes to provide helpful insights for readers, researchers, and students into the study of migration, but most importantly, into the experiences of young Basotho women. Table 1 presents the recommendations for each of the main findings.

Table 0.1: Recommendations

Main findings	Recommendations
1. Migration brings substantial benefits for Lesotho women	<ul style="list-style-type: none"> – Improve legal protection and access to rights for migrant women. – Promote skills development and economic empowerment programmes. – Strengthen social support networks and community resources.
2. Young women experience many migration challenges.	<ul style="list-style-type: none"> – Provide targeted support services. – Improve education and employment opportunities. – Empower community networks and advocacy.
3. Economic pressures and perceived opportunities as	<ul style="list-style-type: none"> – Capacity building in economic activities to address economic pressures.

primary motivators of migration.	– Engage the diaspora to leverage perceived opportunities.
4. Migrant women develop a range of coping mechanisms.	– Empower the Lesotho High Commission in South Africa to help migrants. – Improve data collection and research on migration. – Expand social protection programmes for vulnerable groups.
5. Basotho women aspire to live in South Africa.	– Formalise cross-border job agreements between Lesotho and South Africa. – Update migration policy regularly.

1.47.1. Finding 1 recommendations

1. **Improve legal protection and access to rights for migrant women:** Governments and other stakeholders should work towards improving legal frameworks that protect the rights of migrant women in host countries, especially in South Africa, to maximise the benefits of migration for women in Lesotho. This involves access to fair wages, safe working conditions, and legal documentation. Policies should also focus on gender-based violence and discrimination, giving migrant women new possibilities to report abuses or seek redress. There are bilateral agreements between Lesotho and South Africa that enable cross-border cooperation. This makes it feasible for a migrant woman moving from one country to another to retain some modicum of human rights dignity.
2. **Promote skills development and economic empowerment programmes:** Migration allows Lesotho women to enjoy superior economic opportunities, though many are trapped in low-income, temporary employment activities. In this regard, skills development programmes geared towards migrant women should be planned and implemented by both governments and NGOs. These programmes can be on vocational training, financial literacy, and entrepreneurship that may enable women to access better paying jobs or start their own businesses. Besides, initiatives that connect migrant women to formal employment sectors in South Africa will allow them to attain better financial stability and independence.
3. **Strengthen social support networks and community resources:** Migration, while beneficial economically, leads to social isolation and mental disorders among Lesotho women. In this direction, community-based support networks need to be developed or strengthened in Lesotho and South Africa to offer emotional support, access to healthcare, and resources for integration into the host communities. Some initiatives, such as peer support groups, counselling services, and cultural exchange programmes, will go a long

way to help migrant women manage the challenges associated with migration and still keep links with their families and communities in Lesotho.

1.47.2. Finding 2 recommendations

1. **Provide targeted support services:** This can be done through extensive programmes to provide counselling and support tailored to help young migrant women meet their needs: living safely, transport, housing, legal services, mental health counselling services, as well as language courses. These services have to take into account that young migrant women have special gender-specific needs.
2. **Develop and expand innovative education and employment opportunities:** Some innovative initiatives should be developed to provide vocational training, skills development, and placement services that suit the availability of the young migrant female population for the purposes of making a good living. With help provided on the way, these young migrant women will find a source of stable livelihood via cooperative relations regarding local private enterprises and schools that bridge the gap from education to work.
3. **Empower community networks and advocacy:** Community-based networking and peer support groups should be fostered that will enable young migrant women to get connected socially and share experiences. On the other hand, they also advocate for policies protecting their rights against discrimination, gender-based violence, and other systemic barriers to entry for all immigrants.

1.47.3. Finding 3 recommendations

1. **Capacity building in economic activities to address economic pressures:** To reduce the economic pressures that cause migration, capacity-building programmes for income-generating activities among women should be implemented. Equipping them with training, resources, and support for entrepreneurship, agriculture, and other local industries will make them financially independent and able to meet their economic obligations. If the community can be supported in creating livelihoods that are sustainable by their own volition, they will not have to leave to make a living elsewhere. Such “back home” practices will give new meaning to people’s lives.
2. **Engage the diaspora to leverage perceived opportunities:** Perceived opportunities from elsewhere should be put to rest by active engagement in harnessing the skills, resources and networks of the Basotho diaspora. These Basotho migrants should be encouraged to invest in local businesses and community programmes using the

knowledge at their disposal and sharing expertise to develop Lesotho's economy. With international migrants' contributions back home creating opportunities, the appeal of migration for perceived economic gain will be reduced and local development will take off, decreasing the reasons to emigrate.

3. **Encourage economic development in areas of out-migration:** Backing for locally based economic initiatives in out-migration areas is potentially a way forward. This can effect a reduction in the original reasons for migration or at least mitigate them. For example, if jobs can be created locally and local industry is given wide support so that business thrives everywhere, the economic strain due to migration will diminish.

1.47.4. Finding 4 recommendations

1. **Empower the Lesotho High Commission in South Africa:** The Lesotho High Commission in South Africa should be more effective in protecting the citizens of Lesotho through full protection under South African immigration laws, legal assistance for its nationals, and support services. This will eliminate exploitation, discrimination, and unsafe working conditions.
2. **Improve data collection and research on migration:** Such a national data-gathering system and, consequently, research on migration trends in Lesotho should be better implemented. It should cover monitoring flows, analysis of drivers, and evaluation of the socio-economic impacts of migration. These evidence-based insights will inform targeted policies and programmes that can effectively address migration challenges.
3. **Expand social protection programmes for vulnerable groups:** This involves the establishment and consolidation of social protection programmes benefiting migrants and families affected by migration alike, including access to essential services such as healthcare, education, and social assistance. Special attention will be given to women, children, and elderly persons who are most at risk to ameliorate the negative effects of migration and build overall resilience.

1.47.5. Finding 5 recommendations

1. **Formalise cross-border job agreements between Lesotho and South Africa:** Permanent cross-border employment arrangements must be made to cover immigrants who migrate from Lesotho to South Africa. While the Lesotho and South African governments have agreed to put in place exemption permits for Basotho in South Africa, such initiatives have in the past gone unimplemented or were temporary. Permanent and

formal mechanisms will ensure that workers' rights are fully respected and that their dignity is maintained. Formalisation will also ensure that the migrant workers are not exploited and are assured of safe and decent working conditions.

2. **Regularly review and update migration policy:** The aim here is to offer a one-stop service for all those involved in immigration, from ministries such as those concerned with the home office, finance departments of academic institutions, and, for instance, chambers of commerce. Regular updates on policy will help deal with emerging challenges and change dynamics of migration and will further lead to making the migration system more equitable and effective.

1.48. Future research areas.

Migration is integral to socio-economic change for many young Basotho women living in the Leribe District of Northern Lesotho. Economic, social, and cultural elements drive their movement to South Africa. However, the migration journey has advantages and disadvantages, affecting their well-being, socio-economic conditions, and overall quality of life. While some of the research explores elements of migration, specific gaps need to be filled in more detail to address the complexities faced by these young women who migrate. Future directions will better characterise this issue and inform relevant policies and interventions to help migrants.

1.48.1. Gender-specific migration policies and their effectiveness

Future research could explore the role and effectiveness of gender-sensitive policies on migration in determining the circumstances relating to migration for young Basotho women. Gender is not a neutral factor in migration; women encounter particular obstacles due to their social, economic, and cultural roles and their vulnerability to exploitation and discrimination. Therefore, gender-sensitive policies facilitate much safer life experiences and migration journeys.

1.48.2. Reintegration of returnee migrants into national socioeconomic programmes

Subsequent studies may emphasise the socio-economic reintegration of young female Basotho returning from South Africa whose agency to reconstruct their lives meaningfully within their communities would be at stake. The reintegration process is multi-faceted, covering economic, social, and psychological facets that may affect returnees' successful adaptation to and prosperity in the country of origin. These challenges and opportunities, along with the experiences and insights of returnee women, can inform targeted reintegration programmes and

policies, opening a space for policymakers, development agencies, and community organisations to understand local dynamics.

1.48.3. Socially costly migration: Effects on family balance and communities

Migration, especially the movement of young Basotho women from the Leribe District into the South African labour market, significantly affects family forms, practices, and community relations. Making sense of these effects is crucial to shaping policies and programmes that protect not just migrants but also the families they leave behind. Future studies could investigate in detail the many and often complex reciprocal paths through which migration is linked to household togetherness and bonding, caregiving, economic dependencies, and the location-wide effects of migration on the community.

1.48.4. Risk of human trafficking and exploitation

Migration is fraught with risks for young Basotho women, leaving them vulnerable to human trafficking and other forms of exploitation. The multitudinous risks that these women face include labour exploitation, sexual abuse, forced labour, and coercion into illegal activities en route to South Africa through the migration journey from the Leribe District of Northern Lesotho. This will ensure that policymakers give victims of this crime a voice to be heard in public discourse to avoid stigma, alleviate barriers to access, and reduce vulnerability to victimisation.

1.48.5. The role of technology in migration experiences

In today's world, technology is playing an increasingly important role in determining what kinds of experiences the young Basotho women from the Leribe District of Northern Lesotho have as they migrate to South Africa. From mobile phones and social media platforms to digital technology tools such as the Grand Dictionary, these new technologies are transforming the ways that migrants access information, make decisions, and move around the migration pipeline. Future research may yield valuable insights into the impact of technology on many different aspects of migration, from pre-migration planning to settlement and integration in destination communities.

1.48.6. Sustainable livelihood opportunities in Lesotho to reduce migration pressures

Young Basotho women migrating from the Leribe District of Northern Lesotho often have to face persistent economic challenges. This is what pushes them towards the fertile land of

neighbouring South Africa. If sustainable livelihood opportunities within Lesotho can be fostered, viable alternatives may emerge that reduce migration pressures and enable young women to build prosperous futures at home. Future research should explore economic avenues that provide meaningful businesses or income-generating opportunities, in this way making the local area more prosperous. By doing so there will be less out-migration.

1.48.7. The influence of social networks on migration decisions and experiences.

Future research may explore the essential role played by social networks – comprising not only peers but also family members and other community connections – in shaping young Basotho women from the Leribe District’s migration decisions and experiences. In particular, a deeper understanding of how these networks influence migration could provide a theoretical framework for strategic interventions to control the impacts of migration on society and culture. Meanwhile, a fuller analysis of these social interaction processes and production systems needs to be done to better counter many problems brought about by the multi-cultural world.

1.49. Conclusion

This study synthesised the migration experiences of young Basotho women who migrated from the Leribe District, Lesotho to South Africa, highlighting key demographic profiles, motivations, and drivers behind their migration. Through an analysis of participants’ narratives, significant themes emerged, shedding light on their challenges, aspirations, and lived realities in South Africa. The discussion reflected on both the immediate and long-term prospects for these women, considering socio-economic factors and cross-border dynamics. Based on these findings, the chapter concluded with actionable recommendations to address the needs and vulnerabilities of young Basotho female migrants while enhancing opportunities for safe and beneficial migration. Future research could further explore policy interventions and support systems to improve their migration experiences and integration outcomes.

List of References

- Adepoju, A., 2003. Continuity and changing configurations of migration to and from the Republic of South Africa. *International Migration*, 41(1), pp. 3–28.
- Alaverdov, E., 2021. The impact of COVID-19 on the vulnerable groups: Refugees and labor migrants-based view. In M. W. Bari and E. Alaverdov (Eds.), *Impact of infodemic on organizational performance* (pp. 10–23). IGI Global.
- Ali, I., Jaleel, A.C. and Bhagat, R.B., 2019. Migration, remittances and poverty reduction. In R. Mamgain (Ed.), *Growth, disparities and inclusive development in India: Perspectives from the Indian state of Uttar Pradesh* (pp. 177–190). Springer.
- Allen, A.M. and Hof, A.R., 2019. Paying the price for the meat we eat. *Environmental Science & Policy*, 97, pp. 90–94.
- Alpheaus, L. and Faan, P., 2024. Strategic implication of globalization on ‘brain drain’ in emerging economies: South Africa. *Management and Economics Research Journal*, 10(4), pp. 1–9.
- Ammassari, S., 2008. The development potential of different capital transfers by Ghanaian and Ivorian return migrants. In R.K. Bardouille (Ed.), *Africa’s finances: The contribution of remittances* (pp. 299–324). Newcastle upon Tyne: Cambridge Scholars Press.
- Andermann, L., 2010. Culture and the social construction of gender: Mapping the intersection with mental health. *International Review of Psychiatry*, 22(5), pp. 501–512.
- Arab, N., 2024. *The impact of labor migration on couple and family relationships and dynamics: The Lebanese women’s perspective* (Master’s thesis). Lebanese American University.
- Atobatele, F.A. and Mouboua, P.D., 2024. The dynamics of language shifts in migrant communities: Implications for social integration and cultural preservation. *International Journal of Applied Research in Social Sciences*, 6(5), pp. 844–860.
- Barry, K., 2025. Unseasonable seasons: Shifting geographies of weather and migration mobilities. *Transactions of the Institute of British Geographers*, 00, e70006.
- Beine, M., Docquier, F. and Rapoport, H., 2003. *Brain drain and LDCs’ growth: Winners and losers* (Discussion Paper No. 819). Institute for the Study of Labor (IZA).

- Beischroth-Eberl, J.M., 2021. *Migration und remittances: Das Entwicklungsfinanzierende Potential der Diaspora* [The development financing potential of the diaspora]. Tectum Verlag.
- Bischoff, J.L., 2006. Forced labour in Brazil: International criminal law as the ultima ratio modality of human rights protection. *Leiden Journal of International Law*, 19(1), pp. 151–193.
- Bistrina, M.G., 2019. Cross border security of the Mediterranean: African and Asian migration vectors. *Rudn Journal of Political Science*, 21(2), pp. 323–332.
- Bouhga-Hagbe, J., 2006. *Altruism and workers' remittances: Evidence from selected countries in the Middle East and Central Asia* (IMF Working Paper WP/06/130). International Monetary Fund.
- Braun, V. and Clarke, V., 2006. Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), pp. 77–101.
- Brickner, R.K., 2013. Exploring the dynamic intersections of migration, globalization, and the state. In R.K. Brickner (Ed.), *Migration, globalization, and the state* (pp. 1–19). London: Palgrave Macmillan.
- Bryceson, D.F. and Mbarra, T., 2003. Petrol pumps and economic slumps: Rural-urban linkages in Zimbabwe's globalisation process. *Tijdschrift voor Economische en Sociale Geografie*, 94(3), pp. 335–349.
- Bureau of Statistics Lesotho, 2015. *Lesotho Demographic and Health Survey 2014*. Maseru: Government of Lesotho.
- Busck-Lumholt, L.M., Corbera, E. and Mertz, O., 2022. How are institutions included in integrated conservation and development projects? Developing and testing a diagnostic approach on the World Bank's Forest and Community project in Salta, Argentina. *World Development*, 157, 105956.
- Capoani, L., Chabert, V., Valle, A.B. and Rinaldi, F., 2023. Immigration and innovation: Review on the effects on innovation outputs and education. *Migration and Diversity*, 2(2), pp. 225–278.
- Carnicer, J.A., 2019. Transnational migration and educational opportunities: A case study of migration from Brazil to Germany. *London Review of Education*, 17(1), pp. 14–25.

- Castelli, F., 2018. Drivers of migration: Why do people move? *Journal of Travel Medicine*, 25(1).
- Chaudhary, D., 2020. Influence of remittances on socio-economic development in rural Nepal. *Remittances Review*, 5(1), pp. 83–96.
- Chen, J., Xie, Q., Shahbaz, M., Song, M. and Li, L., 2022. Impact of bilateral trade on fossil energy consumption in BRICS: An extended decomposition analysis. *Economic Modelling*, 106, 105698.
- Chernova, O., 2019. Labor migration as a factor of economic development of the south of Russia. *Regionalnaya Ekonomika Yug Rossii*, (3), pp. 60–72.
- Cheung, J. and Scheyer, V., 2024. Feminist foreign policy and global (health) care work migration: Addressing the invisibility of colonial gaps in feminist policy making. *Asian Journal of Women's Studies*, 30(3), pp. 171–195.
- Christou, A. and Kofman, E., 2022. *Gender and migration: IMISCOE short reader*. Cham: Springer International Publishing.
- Crush, J., 2013. Linking food security, migration and development. *International migration*, 51(5), pp. 61–75.
- Davies, A., 2020. Aging and migration. In *International encyclopedia of human geography* (pp. 73–77). Elsevier.
- De Haas, H., 2007. *Remittances, migration and social development: A conceptual review of the literature*. United Nations Research Institute for Social Development.
- De Vroome, T. and Van Tubergen, F., 2010. The employment experience of refugees in the Netherlands. *International Migration Review*, 44(2), pp. 376–403.
- Dhungana, N., 2020. Human dignity and cross-border migrants in the era of the COVID-19 pandemic. *World Development*, 136, 105174.
- Dolan, P. and Rudisill, C., 2014. The effect of financial incentives on chlamydia testing rates: Evidence from a randomized experiment. *Social Science & Medicine*, 105(100), pp. 140–148.
- Dowling, A., Enticott, J., Kunin, M. and Russell, G., 2019. An investigation into the association of pre-and post-migration experiences on the self-rated health status among new resettled adult humanitarian refugees to Australia: a protocol for a mixed methods study. *BMC international health and human rights*, 19, pp.1-10.

- Duru, I.U., 2021. Examination of the causes and consequences of international migration in Nigeria. *Asian Development Policy Review*, 9(4), pp.180-193.
- Ekezie, W., Martin, C.A., Baggaley, R.F., Teece, L., Nazareth, J., Pan, D., Sze, S., Bryant, L., Woolf, K., Gray, L.J., Khunti, K. and Pareek, M.; on behalf of the UK-REACH Study Collaborative Group, 2023. Association between ethnicity and migration status with the prevalence of single and multiple long-term conditions in UK healthcare workers. *BMC Medicine*, 21, 433.
- Ellis, J.M., Powell, C.S., Demetriou, C.P., Huerta-Bapat, C. and Panter, A.T., 2019. Examining first-generation college student lived experiences with microaggressions and microaffirmations at a predominately White public research university. *Cultural Diversity & Ethnic Minority Psychology*, 25(2), pp. 266–279.
- Ennaji, M., 2014. Challenges of integration. In M. Ennaji (Ed.), *Muslim Moroccan migrants in Europe: Transnational migration in its multiplicity* (pp. 115–126). New York: Palgrave Macmillan US.
- Enns, C., Bersaglio, B. and Karmushu, R., 2022. Disaster management takes to the skies: How new technologies are reconfiguring spatialities of power in desert locust management. *Political Geography*, 98, 102732.
- Evans-Winters, V.E., 2021. Race and gender intersectionality and education. In *Oxford Research Encyclopedia of Education*. Available from: <https://doi.org/10.1093/acrefore/9780190264093.013.1345>
- Evenett, S.J. and Vines, D., 2012. Crisis-era protectionism and the multilateral governance of trade: An assessment. *Oxford Review of Economic Policy*, 28(2), pp. 195–210.
- Foltz, J., Guo, Y. and Yao, Y., 2020. Lineage networks, urban migration and income inequality: Evidence from rural China. *Journal of Comparative Economics*, 48(2), pp. 465–482.
- Fox, J., 2020. Contested terrain: International development projects and countervailing power for the excluded. *World Development*, 133, 104978.
- Geng, N., Xia, Y., Li, D., Bai, F. and Xu, C., 2024. Migration and transformation of heavy metal and its fate in intertidal sediments: A review. *Processes*, 12(2), 311.
- Gulamussen, N.J., Arsénio, A.M., Matsinhe, N.P. and Rietveld, L.C., 2019. Water reclamation for industrial use in sub-Saharan Africa: A critical review. *Drinking Water Engineering and Science*, 12(2), pp. 45–58.

- Harrison, A., Colvin, C.J., Kuo, C., Swartz, A. and Lurie, M., 2015. Sustained high HIV incidence in young women in Southern Africa: Social, behavioral, and structural factors and emerging intervention approaches. *Current HIV/AIDS Reports*, 12, pp. 207–215.
- Hart, H.C., 2019. ‘Keeping busy with purpose’: How meaningful occupation can shape the experience of forced migration. *Migration Studies*, 9(3), pp. 1322–1342.
- Hilton, S., Wood, K., Bain, J., Patterson, C., Duffy, S. and Semple, S., 2014. Newspaper coverage of smoking in cars carrying children: A case study of public and scientific opinion driving the policy debate. *BMC Public Health*, 14, 1116.
- Hinson, R., Odame, D.N.A., Twum, K.K., Rambe, P., Igwe, P.A. and Rugara, D.G. (Eds.), 2023. *The future of entrepreneurship in Africa: Cross-sectoral perspectives post COVID-19*. CRC Press.
- Hoerder, D., 2012. Migrations. In J.H. Bentley (Ed.), *The Oxford handbook of world history* (pp. 268–287). Oxford Academic.
- Ide, T., 2021. COVID-19 and armed conflict. *World Development*, 140, 105355.
- Kali, M., 2020. Causes and solutions of poverty in Lesotho. *European Journal of Behavioral Sciences*, 3(2), pp. 23–38.
- Kandilige, L. and Yaro, J.A., 2023. Returns from the South: Effects of return migration of Ghanaian migrants from China on livelihoods and wealth inequalities in Ghana. *International Migration*, 62(1), pp. 6–22.
- Kelly, M., Moletsane, M. and Coetzee, J.K., 2017. Experiencing boundaries: Basotho migrant perspectives on the Lesotho-South Africa border. *Qualitative Sociology Review*, 13(1), pp. 92–110.
- Kim, M. and Gu, H., 2023, June. Relationships between health education, health behaviors, and health status among migrants in China: a cross-sectional study based on the China migrant dynamic survey. In *Healthcare* (Vol. 11, No. 12, p. 1768). MDPI.
- Kiros, H. and Abebe, A., 2020. Statistical modeling of women employment status at Harari region urban districts: Bayesian approach. *Annals of Data Science*, 7(1), pp. 63–76.
- Koko, G., Monroe, S. and Smith, K., 2018. Lesbian, gay, bisexual, transgender, queer (LGBTQ) forced migrants and asylum seekers: Multiple discriminations. In Z. Matebeni, S. Monroe and V. Reddy (Eds.), *Queer in Africa* (pp. 158–177). Routledge.

- Lattanzi, A., Bellisario, B. and Cimmaruta, R., 2024. A review of fish diversity in Mediterranean seagrass habitats, with a focus on functional traits. *Reviews in Fish Biology and Fisheries*, 34, pp. 1329–1349.
- Leloup, F., 1996. Migration, a complex phenomenon. *International Journal of Anthropology*, 11, pp. 101–115.
- Letsie, T.W., 2024. A voluntary walk to the cemetery? Understanding the migration of Basotho men into the violent and illegal mining in South Africa. *African Security Review*, 33(4), pp. 387–402.
- Likupe, G., 2015. Experiences of African nurses and the perception of their managers in the NHS. *Journal of Nursing Management*, 23(2), pp. 231–241.
- Lim, S. and Basnet, H.C., 2017. International migration, workers' remittances and permanent income hypothesis. *World Development*, 96, pp. 438–450.
- Lischer, S.K., 2011. Civil war, genocide and political order in Rwanda: Security implications of refugee return. *Conflict, Security & Development*, 11(3), pp. 261–284.
- Liu, Y., Jiao, Y. and Xu, X., 2020. Promoting or preventing labor migration? Revisiting the role of language. *China Economic Review*, 60, 101407.
- Mabathoana, R.S., Van Wyk, C. and Adefuye, A.O., 2019. Factors influencing HIV risk-taking behaviours amongst textile factory workers living with HIV in Lesotho. *Pan African Medical Journal*, 33, 166.
- Machacha, M.G., 2023. Realizing the right to dignity of Zimbabwean migrant women in Botswana: A practical approach. *African Human Mobility Review*, 9(3): 104-126.
- Madubuko, C.C. and Nwaka, T.F., 2024. The alarming exodus of Nigerian professionals: The devastating consequences of human capital flight and migration on Nigeria's economic development. *American Journal of International Relations*, 9(7), pp. 1–63.
- Makhetha, E., 2020. Artisanal miners, migration and remittances in Southern Africa. In I. Moyo, C. Nshimbi and J. Laine (Eds.), *Migration conundrums, regional integration and development: Africa-Europe relations in a changing global order* (pp. 257–270). Palgrave Macmillan.
- Penkala, M., 2024. The Role of Human Capital in the Innovation Management Process. *Humanities and Social Sciences*, 31(3), pp.107-119.

- Martins, A.D.F.H. and Xavier, W.S., 2021. Refugees right to work: The characteristics of Brazilian migration policies from the end of World War II to 2019. *Cadernos EBAPE.BR*, 19(2), pp. 325–337.
- Mashabela, K., 2024. The disruption of migrant labour on the labourer, family, community, land and religion or church in South Africa during the 20th century: 2023 Conference of the Church History Society of Southern Africa. *Studia Historiae Ecclesiasticae*, 50(3), pp. 1–12.
- Matsumoto, M., 2014. The decline in migrant labor and its impact on diversified rural livelihoods in a mountain area of Lesotho. *MILA: The Journal of the Institute of Anthropology, Gender and African Studies*, 12, pp. 14–24.
- Maurya, S.K. and Letsie, M.M., 2017. Lesotho. In W. Visser (Ed.), *The World Guide to Sustainable Enterprise* (pp. 102–108). Routledge.
- Mehrotra, I., 2022. *Political economy of class, caste and gender: A study of rural Dalit labourers in India*. London: Routledge India.
- Mensah, S.N.A. and Naidoo, V., 2011. Migration shocks: Integrating Lesotho's retrenched migrant miners. *International Migration Review*, 45(4), pp. 1017–1042.
- Mensah, S.N.A., 2012. The impact of dwindling opportunities for mine migration on rural household income in Lesotho. *Studies in Economics and Econometrics*, 36(3), pp. 25–46.
- Merino Orozco, A., Calvo Ruiz, M., Di Giusto Valle, C., Pérez de Albéniz Garrote, G., Medina Gómez, B., Gutiérrez García, A., Saez Velasco, S. and Guijo Blanco, V., 2023. Accompaniment in the gender and social discrimination of migrant women victims of gender-based violence: From bibliography to situated key in Burgos, Spain. *Social Sciences*, 12(6), 325.
- Mine, Y., 2011. Migration regimes and the politics of insiders/outside: Japan and South Africa as distant mirrors. In T.D. Truong and D. Gasper (Eds.), *Hexagon series on human and environmental security and peace* (pp. 287–296). Berlin, Heidelberg: Springer.
- Misra, K., 2019. Does historical land inequality attenuate the positive impact of India's employment guarantee program? *World Development*, 124, 104662.

- Mlambo, V.H., 2017. Cross-border migration in the Southern African Development Community (SADC): Benefits, problems and future prospects. *Journal of Social and Development Sciences*, 8(4), pp. 42–56.
- Mochebelele, M.T. and Winter-Nelson, A., 2000. Migrant labor and farm technical efficiency in Lesotho. *World Development*, 28(1), pp. 143–153.
- Moret, J., 2020. Mobility capital: Somali migrants' trajectories of (im)mobilities and the negotiation of social inequalities across borders. *Geoforum*, 116, pp. 235–242.
- Morolong, B.L.K., 2015. Reflections from inside the world of empowered women: The case of Thota-ea-Moli, Ha Luka Multi-Purpose Cooperative, in Lesotho. In R. Lekoko (Ed.), *Cases on grassroots campaigns for community empowerment and social change* (pp. 50–74). IGI Global.
- Moses, M.M., 2014. The critical exposure of Lesotho's labor law effectiveness: Industrial relations calamity of textile industry workers in Lesotho. *Journal of Social and Development Sciences*, 5(2), pp. 58–72.
- Mugari, I. and Obioha, E.E., 2021. Trends, precipitating factors and control of human trafficking in South Africa and Zimbabwe. *Open Journal for Anthropological Studies*, 5(2), 37–48.
- Mukhtar, U., Zhong, Z., Tian, B., Razzaq, A., Naseer, M.A.U.R. and Hina, T., 2018. Does rural–urban migration improve employment quality and household welfare? Evidence from Pakistan. *Sustainability*, 10(11), 4281.
- Myers-Walls, J.A., 2018. When war and terrorism enter the lives of young children. In J. Szente (Ed.), *Assisting young children caught in disasters: Multidisciplinary perspectives and interventions* (pp. 25–35). Cham: Springer.
- Na, L. and Hample, D., 2016. Psychological pathways from social integration to health: An examination of different demographic groups in Canada. *Social Science & Medicine*, 151, pp. 196–205.
- Nhende, L.D., Rwela, T.G. and Mgale, Y.J., 2024. Socio-economic factors influencing migrant labourers in western regions of Tanzania: Evidence from Kibondo district, Kigoma region, Tanzania. *South Asian Journal of Social Studies and Economics*, 21(7), pp. 14–33.

- Nuñez, R. and Osorio-Caballero, M.I., 2021. Remittances, migration, and poverty. A study for Mexico and Central America. *Investigation Economica*, 80(318), pp. 98–125.
- Nyarko, K., Kugbey, N., Kofi, C.C., Cole, Y.A. and Adentwi, K.I., 2018. English reading proficiency and academic performance among lower primary school children in Ghana. *Sage Open*, 8(3).
- Ogaboh, A.A., Udom, H.T. and Eke, I.T., 2020. Why brain drain in the Nigerian health sector. *Asian Journal of Applied Sciences*, 8(2).
- Ojong, V.B. and Muthuki, J.M., 2010. Empowerment or reconstituted subordination? Dynamics of gender identities in the lives of professional African migrant women in South Africa. *Journal of Social Sciences*, 25(1–3), pp. 169–176.
- Merino Orozco, A. et al. (2023) “Accompaniment in the Gender and Social Discrimination of Migrant Women Victims of Gender-Based Violence: From Bibliography to Situated Key in Burgos, Spain,” *Social Sciences*, 12(6), p. 325.
- Palinkas, L.A., Horwitz, S.M., Green, C.A., Wisdom, J.P., Duan, N. & Hoagwood, K., 2013. Purposeful sampling for qualitative data collection and analysis in mixed method implementation research. *Administration and Policy in Mental Health and Mental Health Services Research*, 42(5), pp. 533–544.
- Parey, B. (2020) “Using Sen’s Capability Approach to Assess Wellbeing Among Working-Age Persons with Disabilities in Trinidad,” *Social Indicators Research*, 151(3), pp. 1129–1148.
- Peer, N., 2015. The converging burdens of infectious and non-communicable diseases in rural-to-urban migrant sub-Saharan African populations: A focus on HIV/AIDS, tuberculosis and cardio-metabolic diseases. *Tropical Diseases, Travel Medicine and Vaccines*, 1, pp. 1–8.
- Penkala, M., 2024. The role of human capital in the innovation management process. *Humanities and Social Sciences*, 31(3), pp. 107–119.
- Peters, M.E., 2021. Migration and development. In J. Money and S. Lockhart (Eds.), *Introduction to international migration: Population movements in the 21st century* (pp. 223–243). Routledge.
- Prayitno, G., Noor, D.S. and Hidayat, A.R.T., 2020. Social capital, entrepreneurship and rural development. *Journal of Engineering and Scientific Research*, 1(2), pp. 84–88.

- Rada, E.T., 2022. Language-based approach in achieving Sustainable Development Goals: A qualitative meta-analysis. *Bedan Research Journal*, (7), pp. 183–211.
- Rahman, M.M., 2011. Bangladeshi migrant workers in the UAE: Gender-differentiated patterns of migration experiences. *Middle Eastern Studies*, 47(2), pp. 395–411.
- Rantšo, T.A. and Ralitjeleng-Mahlelebe, M., 2023. The impact of Basotho migrant labourers' retrenchment from South African mines on rural development in Lesotho: The post-mine livelihood strategies of former Basotho miners at Koro-Koro in the Maseru district. *African Journal of Development Studies*, 13(2), 241.
- Reed, H., 2018. *Forced migration and undocumented migration and development* (United Nations expert group meeting for the review and appraisal of the Programme of Action of the International Conference on Population and Development and its contribution to the follow-up and review of the 2030 Agenda for Sustainable Development). United Nations Secretariat.
- Rizwan, L., Malagón, M. and Richter, S., 2022. Understanding the influence of Ghanaian women's migration patterns on access to health care. *Women*, 2(1), pp. 30–43.
- Rossi, B., 2018. *Migration history and historiography*. Oxford University Press.
- Rustad, S.A., Rosvold, E.L. and Buhaug, H., 2020. Development aid, drought, and coping capacity. *The Journal of Development Studies*, 56(8), pp. 1578–1593.
- Sahayam, B.D. and Tiwari, M.S., 2022. Desperation and panic grief of women migrants during COVID-19 pandemic. *ECS Transactions*, 107(1), 10611.
- Sainsbury, D., 2018. Gender differentiation and citizenship acquisition: Nationality reforms in comparative and historical perspective. *Women's Studies International Forum*, 68, pp. 28–35.
- Sanderfer Doss, S., 2021. Looking for better: A history of Black southern migrations. *Midwest Social Sciences Journal*, 24(1), 4.
- Sassi, M., 2024. Migration dynamics in Rejaf Payam, South Sudan: Inbound and outbound patterns and impact on those left behind. *Sustainability*, 16(4), 1622.
- Sibanda, N. and Stanton, A., 2022. Challenges of socio-economic mobility for international migrants in South Africa. *Migration and Development*, 11(3), pp. 484–500.

- Siwale, J. and Hack-Polay, D., 2018. Conclusion: Reflecting on African diaspora direct investment. In D. Hack-Polay and J. Siwale (Eds.), *African diaspora direct investment* (pp. 265–271). Cham: Palgrave MacMillan.
- Skillshare Lesotho, 2023. Interview with program manager [10 May 2023]. Maseru: Skillshare Lesotho.
- Søholt, S., 2014. Pathways to integration: Cross-cultural adaptations to the housing market in Oslo. *Journal of Ethnic and Migration Studies*, 40(10), pp.1637-1656.
- Statista (2020) Number of International Migrants in East Africa between 2000 to 2020 (Online) available at <https://www.statista.com/statistics/1230024/stock-of-international-migrants-in-east-africa/> accessed 15th October 2024.
- Sunge, R. and Mudzingiri, C., 2023. A systematic literature review on migration and remittances in mountainous regions: Key takeaways for Phuthaditjhaba, Free State, South Africa. *Sustainability*, 15(19), 14621.
- Suping, K. (2022) “Migrant mineworkers and South Africa’s diplomatic relations with Botswana and Lesotho , 1906-2006,” *Cogent Social Sciences*, 8(1).
- Suping, K., 2022. Migrant mineworkers and South Africa’s diplomatic relations with Botswana and Lesotho, 1906–2006. *Cogent Social Sciences*, 8(1), 2146623.
- Sullivan, O., 2019. Gender inequality in work-family balance. *Nature human behaviour*, 3(3), pp.201-203.
- Tanga, P.T. and Tangwe, M.N., 2014. Interplay between economic empowerment and sexual behaviour and practices of migrant workers within the context of HIV and AIDS in the Lesotho textile industry. *SAHARA: Journal of Social Aspects of HIV/AIDS Research Alliance*, 11(1), pp.187-201.
- Tang, L., Xiang, X. and Liu, Y., 2024. Family migration and well-being of Chinese migrant workers’ children. *Scientific Reports*, 14(1), 12862.
- Taran, P., 2022. Migration, human rights & sustainable economies: A Century 21 Agenda. *Revista Tecnologica-ESPOL*, 34(1), pp. 193–217.
- Thomas, K.J. and Lonobile, C., 2021. Parental STEM credentials and children’s schooling progress in immigrant and U.S. born families. *Social Science Research*, 100, 102601.

- Trueba, H.T., 2002. Multiple ethnic, racial, and cultural identities in action: From marginality to a new cultural capital in modern society. *Journal of Latinos and Education*, 1(1), pp. 7–28.
- Tsapenko, I.P., 2023. Migration effects of social imbalances. *Herald of the Russian Academy of Sciences*, 93(3), pp. 143–154.
- Ulicki, T. and Crush, J., 2007. Poverty, gender and migrancy: Lesotho’s migrant farmworkers in South Africa. *Development Southern Africa*, 24(1), pp. 155–172.
- Van Duijne, R.J., 2019. Why India’s urbanization is hidden: Observations from “rural” Bihar. *World Development*, 123, 104610.
- Van Hook, J. and Glick, J.E., 2007. Immigration and living arrangements: Moving beyond economic need versus acculturation. *Demography*, 44(2), pp. 225–249.
- Wang, W. and Thangavelu, S.M., 2024. City amenities and internal migration: Evidence from Chinese cities. In F. Kimura, S.M. Thangavelu, C. Findlay and L. Chen (Eds.), *Services global supply chains in ASEAN and East Asia: Implications and opportunities for regional integration* (pp. 63–76). Singapore: Springer Nature.
- Wilkinson, R.C., 1983. Migration in Lesotho: Some comparative aspects, with particular reference to the role of women. *Geography*, 68(3), pp. 208–224.
- Wong, C.Y., Perales, F. and Bernard, A., 2023. Non-metropolitan settlement and integration outcomes of humanitarian migrants in Australia: Combining spatial, multidimensional and longitudinal perspectives. *Journal of Rural Studies*, 104, 103151.
- Wuryandari, R.D., Kurniawan, T. and Umanto, 2024. Multilevel governance concept on migration: A qualitative meta-synthesis. *Journal of Infrastructure, Policy and Development*, 8(12), 7163.
- Xhaho, A., Bailey, A. and Çaro, E., 2024. Labor market reintegration strategies of Albanian return migrants from Greece. *Discover Global Society*, 2(1), 1–15.
- Ye, X., Zhu, D. and He, P., 2021. Earlier migration, better cognition? The role of urbanization in bridging the urban–rural cognition gaps. *Aging & Mental Health*, 26(3), pp. 477–485.
- Zafarullah, H. and Swarna, J.F., 2024. Gender inequality, intersectionality, human trafficking and development: An explorative-analytical perspective on Bangladesh. *Asian Research Journal of Arts & Social Sciences*, 22(12), pp. 465–480.

- Zapata-Barrero, R., Faúndez García, R. and Sánchez-Montijano, E., 2012. Circular temporary labour migration: Reassessing established public policies. *International Journal of Population Research*, 2012, 498158.
- Zhang, K.H. and Song, S., 2003. Rural–urban migration and urbanization in China: Evidence from time-series and cross-section analyses. *China Economic Review*, 14(4), pp. 386–400.

Appendix A: Information Leaflet to Participate in the Study

Advert

Advert

Advert

Research Participants.

Exciting Opportunity to Share Your Migration Story: Seeking Participants for Research Study

Dear Young Basotho Women,

We hope this message finds you well. We are reaching out to you with an exciting opportunity to contribute to a meaningful research study focused on the migration experiences of young Basotho women from Leribe District to South Africa.

About the Study: The purpose of this research is to gain valuable insights into the unique migration journeys, challenges, and triumphs of young Basotho women as they navigate the transition from Leribe District to South Africa. By participating, you will play a crucial role in shedding light on the diverse narratives and experiences that shape the lives of our community members.

Why Participate? Your voice matters. By sharing your story, you not only contribute to academic research but also empower others who may be facing similar journeys. This study aims to amplify the voices of young Basotho women, fostering a deeper understanding of migration dynamics and ultimately promoting positive change.

Participant Eligibility: If you are a young Basotho woman aged between 18-35 years who has migrated from Leribe District to South Africa, we invite you to participate in this study. Your experiences, perspectives, and insights are invaluable to our research.

How to Participate: If you are interested in being part of this study, please contact me by either sending an email at tainejohn@gmail.com or calling +266659206204. We will reach out to schedule an interview at a time and location convenient for you. Research participants will be free to opt out of the Interview at any time during the process of the interview.

Location of Interviews: The Interviews will be conducted telephonically and for those preferring a physical interview participants will be requested to identify a public venue convenient to for example youth resource centres, district Administrators offices, Community Council Offices, Area Chief's offices or places of worship.

Confidentiality: Your privacy is of the utmost importance. All information shared during the study will be kept confidential, and your identity will be protected.

Contact Information: For more information or to express your interest, please contact John Taineomwangire at tainejohn@gmail.com and or +26659206204.

Thank you for considering this opportunity to make a meaningful impact through your participation. We look forward to hearing and learning from your unique experiences.

Appendix B: Informed Consent Form

Informed Consent Form

Title of the Study: Migration Experiences of Young Basotho Women Migrating from Leribe District of Northern Lesotho to South Africa

Researcher: John Taineomwangire

Contact Information: +26659206204, tainejohn@gmail.com [

Introduction:

You are invited to participate in a research study that aims to explore the migration experiences of young Basotho women who have migrated from Leribe District in Northern Lesotho to South Africa. The purpose of this study is to better understand the challenges, opportunities, and strategies employed during this migration process. Your participation in this research is entirely voluntary, and this form provides information about the study to help you make an informed decision.

Study Procedures:

If you agree to participate, you will be asked to:

Participate in an interview where you will share your experiences related to migration.

Answer questions about factors influencing your migration decisions, challenges faced, and coping mechanisms developed.

Your participation will contribute to our understanding of the migration experiences of young Basotho women.

Confidentiality:

All information collected during this study will be kept confidential. Your identity will not be disclosed in any reports or publications resulting from this research. Pseudonyms will be used to protect your privacy.

Risks and Benefits:

Participation in this study may involve discussing personal experiences, which could be emotionally challenging. However, the information you provide will contribute to a better understanding of migration experiences. There are no direct benefits to you, but the findings may inform policies and support mechanisms for individuals like yourself.

Voluntary Participation:

Participation in this research is entirely voluntary. You have the right to decline to participate or withdraw from the study at any time, for any reason, without any consequences.

Questions and Contact Information:

If you have any questions about the research or your participation, please feel free to contact the researcher, [Your Name], at [Your Contact Information]. If you have any concerns about the ethical conduct of this research, you may also contact the Institutional Review Board at [IRB Contact Information].

Consent:

By signing below, you confirm that you have read and understood the information provided above, and you voluntarily agree to participate in this research study.

Participant's Name (Printed): _____

Participant's Signature: _____

Date: _____

Researcher's Note:

A copy of this signed consent form will be provided to you for your records. Thank you for your willingness to contribute to this important research.

Appendix C: Interview Schedule

Topic: Migration Experiences of Young Basotho Women Migrating from Leribe District of Northern Lesotho to South Africa

Interview Schedule & Questions

August 2023

Introduction.

1. Introduce yourself as the interviewer and explain the purpose of the interview.
2. Obtain consent from the participant to participate in the interview and ensure their anonymity and confidentiality.

Demographic Information.

1. Collect basic demographic details about the participant (age, education level, marital status, etc.).
2. Ask about their village and community council of origin in Leribe District.
3. Ask the age at the time of Migration.
4. Ask about their current residence and length of stay in South Africa.
5. Ask about the number of dependants, age, gender and education level and relationship with dependant.

Reasons for Migration.

1. Inquire about the reasons that led the participant to migrate from Leribe District to South Africa.
2. Explore the economic, social, or personal factors influencing their decision to migrate.
3. Ask if they had any specific goals or expectations for their migration experience.

Pre-migration Preparation.

1. Discuss the preparations the participant made before migrating.
2. Inquire about the information sources they relied on for their decision to migrate.
3. Ask if they received any support or guidance from family, friends, or organizations.

Migration Journey.

1. Explore the participant's migration journey from Leribe District to South Africa.
2. Ask about the mode of transportation used and any challenges faced during the journey.
3. Inquire about their experiences at border crossings, checkpoints, or immigration processes.

Living and Working Conditions.

1. What job were you doing in South Africa
2. What were the challenges at the work place (Accommodation, payment, food, medical, transport, stigma, social networks , communication etc)
3. Discuss the participant's living conditions in South Africa.
4. Inquire about their employment status, working conditions, and any instances of exploitation or mistreatment.

5. What were the positive aspects of your job (timely payment, good treatment, medical car, transportation, communication etc)

Social Integration and Community Support.

1. Ask about the participant's experiences with host communities in South Africa.
2. Discuss their interactions with local communities, neighbors, and employers.
3. Inquire about any community organizations or support networks they are involved with.

Challenges and Coping Mechanisms.

1. Explore the challenges the participant has faced as a young Basotho woman migrant.
2. Inquire about discrimination, language barriers, cultural differences, or other difficulties encountered.
3. Ask about their coping mechanisms and strategies for overcoming these challenges.

Support Services and Networks.

1. Discuss the participant's knowledge of and access to support services in South Africa.
2. Inquire about any assistance received from governmental or non-governmental organizations.
3. Ask if they have connected with other Basotho women migrants or formed support networks.

Future Plans and Aspirations.

1. Inquire about the participant's plans for the future regarding their migration or return to Lesotho.
2. Discuss their aspirations, goals, or dreams they hope to achieve through migration.
3. Ask if they have any intentions of supporting their communities in Lesotho.

Reflections on Migration Experience.

1. Allow the participant to reflect on their overall migration experience.
2. Inquire about the positive and negative aspects of their journey and their perceptions of migration.
3. Ask if they have any advice or suggestions for other young Basotho women considering migration.

Conclusion

1. Thank the participant for their time and participation in the interview.
2. Offer any additional resources or support if necessary.
3. Reiterate the anonymity and confidentiality of their responses.
4. Provide contact information for further questions or follow-up

Note: The interview schedule will be adjusted and tailored based on the participant's responses.

Appendix D: Ethical Clearance by the University of the Free State



GENERAL/HUMAN RESEARCH ETHICS COMMITTEE (GHREC)

13-Feb-2024

Dear Mr John Taineomwangire

Application Approved

Research Project Title:

Migration experiences of Young Basotho Women Migrating from Leribe District of Northern Lesotho to South Africa.

Ethical Clearance number:

UFS-HSD2023/2124

We are pleased to inform you that your application for ethical clearance has been approved. Your ethical clearance is valid for twelve (12) months from the date of issue. We request that any changes that may take place during the course of your study/research project be submitted to the ethics office to ensure ethical transparency. Furthermore, you are requested to submit the final report of your study/research project to the ethics office. Should you require more time to complete this research, please apply for an extension. Thank you for submitting your proposal for ethical clearance; we wish you the best of luck and success with your research.

Yours sincerely

Dr Adri Du Plessis

Chairperson: General/Human Research Ethics Committee

**Adri
Du
Plessis**
Digitally
signed by Adri
Du Plessis
Date:
2024.02.13
18:08:33
+02'00'

205 Nelson Mandela
Drive
Park West
Bloemfontein 9301
South Africa

P.O. Box 339
Bloemfontein 9300
Tel: +27 (0)51 401
9337
duplessis@ufs.ac.za
www.ufs.ac.za



Appendix E: Turnitin Report

Annexure F: Language Editor's Letter



17 Fallopilus Street, Bloemfontein

+(27) 076 081 0730

info@rephraseit.co.za



9 May 2025

Student: John Taineomwangire

Student number: 2013121039

I declare that I language edited the master's dissertation titled, *Migration Experiences of Young Basotho Women Migrating from Leribe District of Northern Lesotho to South Africa*

During the editing process, I looked for and corrected spelling, grammar, punctuation, paragraph and syntax errors. Where I noticed inconsistencies or unclarity in the text, I made comments to draw the author's attention to the inconsistency or unclarity. I also made suggestions where changes could be made. Lastly, I double-checked the references in the text and in the reference list to make sure that they are consistent throughout. Where sources or source information were still missing, I indicated such to the author so that he could locate and add the missing information.

Disclaimer: The ultimate responsibility for accepting or rejecting the changes and recommendations rests with the student and I cannot be held responsible for any layout or language issues that might have emerged as a result of subsequent amendments to the text.

Yours sincerely

Johannes Pieter Odendaal

A handwritten signature in black ink, appearing to read "J. Odendaal".

