

Does Acculturation Mean Progress?

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Abstract

The unprecedented post-accession migration from Poland to the United Kingdom highlighted inter-cultural issues, including acculturation as an element of adaptation to a new life. This paper presents selected findings of a qualitative research study 'Translating Cultures, Adapting Lives' in an attempt to substantiate the discussion whether acculturation aimed at adaptation can be perceived as progress. The concluding remarks emphasize that the processes of acculturation in the context of migration are powerful, enriching and transformative for individuals; therefore, the experienced change and the acquisition of culture correlate with progress.

Keywords: progress, acculturation, Polish migration