Migrate your Aave v2 position to Aave v3

Right now InstaDapp allows you to migrate your Aave v2 position (both deposits and borrows) to v3. The caveat is that you can only do it if you move your positions to their platform. If you wish to withdraw from InstaDapp you're required to pay back all your loans :(

It would be nice if Aave implemented an easy way to migrate positions from v2 to v3 on its website while keeping your assets in your wallet and not having to liquidate/pay back loans.