



Communicating and Interacting with Local People and Nomads



DNs generally perform knowledge work in front of a computer screen all day. This can lead to isolation and loneliness for some DNs who do not make the effort to reach out and meet new people.

As a DN, it is important to effectively use technologies, including face to face communication, messages, and phone calls to stay in touch with both your professional and personal relationships.

Remote working as a DN will require additional effort to maintain your work network as you lose an important face-to-face aspect in work relationships.

Additionally, an exciting journey and lifestyle, such as being a DN, will give you the opportunity to make a lot of new friends, both locals and fellow nomads. This will of course require some effort on your part. But one of the best parts of being a DN is the opportunity to meet with people that share your mindset and lifestyle.

These topics would be an entire course in and of itself. Thus the information in this module is meant to give a brief overview of what is required in these areas to succeed as a DN. I recommend that you think about the gaps that remain for you and then look for the various resources available online that can help you fill in the gaps that are needed.



Digital Nomad Loneliness

- Key consideration for DNs
- Lifestyle requires making additional effort
- Important to find ways to stay in touch
- Meeting new people also key to maximize experiences
- Good news: internet makes this a lot easier now



Surveys of DNs have identified that loneliness and isolation continue to be key considerations for many DNs. This is caused by the lifestyle which encourages moving around a lot and often alone. Most DNs are also knowledge workers which once again encourages solitary work with only online professional interactions.

It is important for DNs to find ways to both stay in touch with old friends and to meet new people.

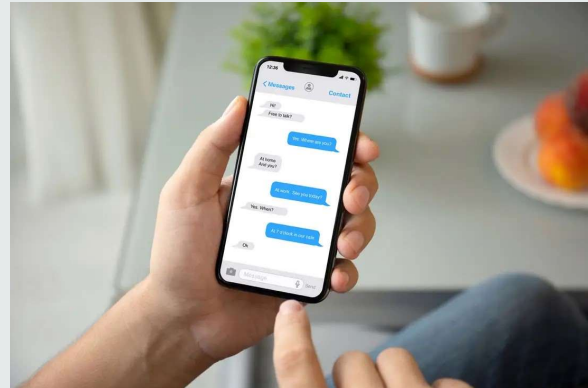
Meeting new people is also the key to maximizing your experiences in foreign countries. Many of the best experiences that you will have as a DN will be as a result of the other fun and interesting people that you will meet along the way.

The good news though, that we will discuss in this section, is that with the internet it is a lot easier to stay in touch with old relationships, professional and personal, as well to make new friends.



Using Technology to Stay in Touch

- Face-to-face communication important to staying in touch
 - WhatsApp
 - Facetime
 - Zoom
- Instant messages for easy asynchronous communication
 - WhatsApp
 - iMessage
 - Other regional chats
- Phone calls continue to be effective



As humans, there is something instinctual in our makeup that values face-to-face communication. While the internet cannot replace face to face communication, with the advent of smart phones and high speed internet, it is easier than ever to have video chats over the internet. There are of course various applications that are popular and widespread. Apps such as WA, Facetime, and Zoom, allow you to see someone's face across the world in real time as you talk to them. It's critical as a DN to make full use of these apps to stay in touch with loved ones. It doesn't matter which app that you use, and as a DN living far away you should make the effort to be accommodating to others. For example, I use Facetime to stay in touch with my parents, Skype with my brother, Instagram video calls with a few friends, and Whatsapp with most of the local people around here.

Similarly, instant messages are a good idea for quick communication that doesn't require nearly as much of a commitment as a video call. However, just receiving a hello message or a funny meme from a friend every few weeks on Whatsapp, for example, has allowed me to stay in touch with some people for several years where

we would rarely talk otherwise. Again it doesn't matter the app that you use, just that you make the effort to reachout.

Finally, there are always some friends and family that are technologically adverse. Phone calls continue to be a very effective way to stay in touch with others. Similar to video calls, calling someone is also a big commitment and people remember and appreciate receiving a pleasant unexpected phone call from an old friend or colleague.



Maintaining Your Work Network

- Work network key factor in career success, especially remotely
- Key tips:
 - Make friends with other DNs
 - Join professional online communities
 - Learn to use LinkedIn
 - Zoom “coffee” informational meetings
 - Promote your work on social media



Being a DN means not playing much of the office politics and focusing on maximizing your experiences in life, particularly outside the office. However, maintaining your work networks is still important to both ensure that continue to receive the professional recognition you deserve, in terms of pay, and consistently receiving new new work remotely to maintain your lifestyle. The old adage of “it’s know what you know but who you know” still applies to a large degree and in many DN careers you have to ensure that people still recognize the work that you do effectively.

Tips shared by other DNs, include:

- Making friends and acquaintances with other DNs. In the module on Location we discussed how certain cities or countries are more DN friendly. By being surrounded by other DNs at least some of the time, you will have the opportunities to make new professional networks of like-minded DNs. These networks, if nurtured, can often be a source of additional professional opportunities in future times.

- Similarly, joining professional online communities, and importantly being active in said communities is likewise critical. There are many opportunities for this including linkedin, facebook, and reddit.
- Inviting people for a virtual coffee is surprisingly effective if done with genuine interest and mutual respect.
- Finally, promoting your work on social media or a blog can help get your name out there for others.



Making New Friends

- Start with fellow Digital Nomads
 - Talk to others where you work (see the previous section on "Where to Work Remotely?"
 - Go for coffee, food, or an activity with others
- Don't limit yourself to only DNs
 - Take a class (ie. dance, exercise, or cooking) or a local tour
 - Locals offer great perspective
- Make friends online
- Stay in touch as you travel!



In life we naturally lose touch with some people and friends as time and circumstances change for us all and are replaced by new friends throughout life.

As a DN it is important to continue to make friends over time. Making new friends will enrich your experiences of traveling to new places and enjoying all that they have to offer. Many times throughout my trips what has made a trip special were the friends that came along or that I met along the way.

You should also not limit yourself to just making friends with other DNs, but with local people as well. Local people in particular can help you experience a location much more fully as they will have knowledge that many DNs lack.

Finally make friends online too and stay in touch as you travel.