

# Staying Connected as a Digital Nomad:

How to fight loneliness when on the road by making new friends and creatively staying in touch with old ones

from The Boho Beet



## Host Virtual Happy Hours

Stay connected with your friends from all over the world by hosting a Virtual Happy Hour on Google Hangouts, Skype, or Facetime. Grab a drink (coffee, wine, whatever floats your boat), prep some snacks, get cozy, dial in one-on-one or as a group, and chat away as if you were in the same town. This is one of the KEY ways I stay connected with close friends and it's so much more fun than just a quick call!

## Write Letters (yes, real ones)

This is a foreign concept for many digital junkies, but the simple act of writing a real deal paper letter, postcard, or greeting card to friends and family and posting it in the mail will psychologically make you feel more connected to those you love, and show them that no matter how far away you roam you are legit thinking of them and think they're more important than a quick easy text, call, or email. Plus, hunting down post offices in foreign countries is a blast!

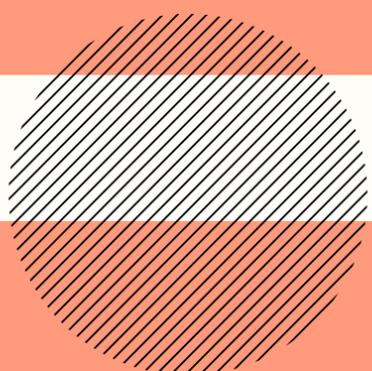
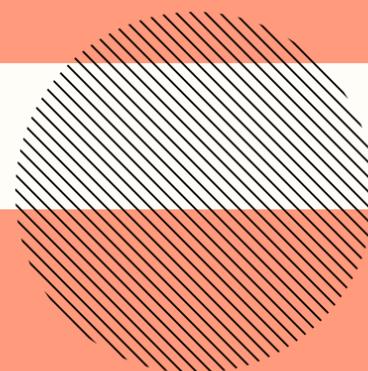


## Choose Your (First) Home Wisely

When you arrive in a new city, often our instinct is to find our perfect home so we can settle in and hit the ground working in peace. FIGHT THIS. For the first week, stay in a shared AIRBNB or hostel so you can meet people that you'll have in your life for the rest of your trip (and beyond). THEN, and only then, move to your digital nomad sanctuary.

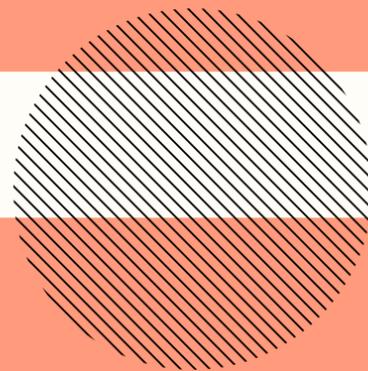
## Get. Outside. (Seriously)

When you're a digital nomad, you generally pick a sick home base setup that makes you all warm and happy to work from home. You have your free coffee, your fast internet, peace and quiet to focus, and most importantly, your pajamas- so why leave? BECAUSE YOU WILL GET LONELY AF. At least 2x per week, go work from a co-working space or coffee shop, visit a gym or yoga studio, go to a meetup all so you can be around other humans, have a shot at making some new friends!



## Sit Alone at a Bar (I mean it!)

This is for even the most introverted nomad out there, GO SIT ALONE AT A BAR. Bring a book (best conversation starter), a magazine, or a journal and wait it out. Eventually someone cool will sit beside you, usually socially lubricated by alcohol, who is looking for someone to talk to just as much as you are. I have met more lifelong friends while having a drink alone than any other method. If you don't drink, try a coffee shop that has bar seating.



## Slide into the DM's

I made a good friend in Bali by sliding into her DMs. She posted an adorable comment on one of my Instagram posts, I saw she was local, loved her vibe and theme, so I private messaged her, and at the end told her I was super lonely there and hadn't met anyone yet, and asked her to lunch. Knowing her made my month in that town so much more awesome, and we're still close to this day. Don't be afraid to put yourself out there, be vulnerable, and put the real purpose of technology to use- human connection and community!