

# DIGITAL NOMAD



how to go from  
in the office to  
on the road

CRAIG INZANA

# Introduction

Do you want to be able to travel wherever you want, whenever you want?

Sounds great right?

That's the life I live. I'm not alone, there are thousands of others living like this day-to-day around the globe, and the movement is just getting started.

We call ourselves digital nomads.

The website Investopedia defines a digital nomad as "people who are location independent and use technology to perform their job. Digital nomads work remotely, telecommuting rather than being physically present at a company's headquarters or office. The digital nomad lifestyle was made possible through a number of innovations, including cheap internet access, smartphones, and voice over internet protocol (VoIP) to keep in contact with clients and employers."

I'm currently sitting in my home office in rural Pennsylvania writing this. Recently I was completing a client website while at Five Points Bakery in Buffalo, New York. Before that, I was working during the day at my hostel and showcasing my artwork at night in Los Angeles, California. Once winter arrives-- which can be pretty intense up here in the north-- I'll head south to Austin, Texas to visit some good friends.

Every place I go, people ask me about my work. I usually get the same response: "I wish I could do that too."

Here's the excellent news: You can!

This book will walk you through all of the things I've learned from living like this and research from others that have lived thriving nomadic lifestyles for decades.

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## Living & Sleeping

There are a lot of variations on the digital nomad lifestyle. There's probably some discussion about what is considered a "real" digital nomad, but we're not here to get into semantics.

We're here to teach you how to choose and plan for an actual location independent life.

This chapter goes through six variations on the lifestyle organized by where you live and sleep. There's also some advice in here that I wish I knew when starting out.

## City-Hopping

The idea of city-hopping is that you don't stay put in one place too long.

The significant part about it is, though, that you can establish a bit more stability.

I've seen digital nomads with families live all six of these variations, but city-hopping would probably be the most comfortable transition.

This is something I plan on doing more of in the future, so I can develop deeper roots into the communities, relationships, and business connections of my travel destinations.

Most cities across the globe have apartments available for short-term leases. At one point, I lived in Austin, Texas, for six months. The contract ended, and we moved. Imagine doing that all the time!

The weight of choosing which city to move can be significantly diminished when you can try them out in six-month intervals. It's a lot less volatile than the other options I'll be talking about in this chapter, but just as freeing.

In the Making Money chapter, we'll talk about the different ways to make money from a laptop or even just your cell phone. This is what differentiates the digital nomad lifestyle. For city-hoppers, the only thing tying them down to a location is the length of their apartment lease.

## Hotels, Hostels, & Room sharing

All three of these options allow you to live in relative comfort while not being tied down to any location.

If money is not a huge concern for you, then jumping from hotel to hotel can be a great option. Many hotels will offer a discount for long-term stays. The internet is \*usually,\* useful so you can cut down on your workplace cost. Also, be sure to take care of all the added luxuries you're already paying for.

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A much more affordable option is hostels. I love hostels because you get an incredible mix of people. They're definitely more suited for younger people, but I've also gotten to know a few retired travelers that enjoy them.

Many hostels now are catering to the digital nomad community. They have great internet and shared workspaces that feel like a coworking space.

You're more likely to meet other digital nomads while staying in a hostel. This can have a considerable upside if your work is business to business.

Lastly, a sort of middle option. Room or house-sharing apps like Airbnb offer a lot of the comforts of at-home living without the commitment of extended stays. Some of my closest digital nomad friends prefer Airbnb to any other option.

Again, the internet is rarely an issue. There are usually lovely little amenities as free touches from the host. The cost is much more reasonable than a hotel, however much more expensive than a hostel.

I haven't stayed in a hotel for years unless another company is paying for it. If I'm going to shell out money for comfort, I always go for the Airbnb.

If I just need a home base in a bustling city where the upcoming options won't work, I go for the hostel option.

The rest of these options can be fun but are considerably less comfortable. You're going to have to consider if you're able to stay productive while figuring out the rest.

## Couchsurfing

I lived Couchsurfing for about six months at one point on accident. I was between apartments and made some fantastic friends during that time.

The idea is similar to Airbnb but much less formal. People all over have some extra space, and they may be willing to let you sleep there for a low cost or even free.

Finding these opportunities can be the tricky part.

Recently I started using an app called Couchsurfing that has thousands of people offering spaces for you to crash for a few nights. The cool thing about this app is that these people are often friendly. The reason they open their home isn't to make money, but to meet new people.

Other options include Facebook and Craigslist. I haven't used either of these as a way to find couches to crash. They seem a bit too informal. Joseph Garner does it in the documentary Craigslist Joe did it, and it worked out. Clearly, it works for people.

## Vans, Campers, and RVs

I'm not sure it would be possible to miss the #vanlife movement happening right now.

It's nothing new. People have been retiring, selling their homes, and traveling full time in an RV for decades.

Once upon a time, that lifestyle was reserved for retirees. For a while now, digital nomads have been hopping on the trend. Why wait until you retire?

The idea of #vanlife usually revolved around smaller conversion vans. They can be really sleek and offer a way to travel to a city.

Where do you park?

That's the million-dollar question with this option.

If you want to shell out the money, joining an association like KOA can be a great option. Just hopping around from campground to campground is generally a good idea.

I've found that campgrounds can get pricy really quick-- nothing like hotels though. Also, the internet is usually useless. They say they have free wifi, but have you ever tried to use that stuff to do anything other than making a google search? It doesn't work.

The remote locations make it hard to connect with hotspot internet too. So those are important considerations to make.

After all, being a digital nomad is all about being able to live and work wherever there is an internet connection. The internet connection part is a big deal.

If you opt for a smaller conversion van, you might be able to get away with "stealth camping." This is where you park in parking lots-- or even on a city street-- and try to draw as little attention as possible.

Some big retailers allow you to stay overnight too. Walmart, Truck Stops, Cracker Barrel, Camping World, and others allow RVs and campers to stay overnight. Usually, this is limited to one night and has the unspoken rule of buying something from the business.

For a while, I owned a Winnebago Rialta camper van. It was a bit bigger than a conversion van, but still small enough to fit in a parking spot.

It was a great way to travel, but now I almost exclusively stick to the next option. Car living.

## Car Living

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Maybe I just enjoy a good challenge, but car living is my favorite way to travel as a digital nomad these days.

This is what it sounds like: I live in my car while I travel.

I have a 2010 Honda Fit Sport-- which is an excellent car by the way--, and I figured out how to sleep in it comfortably. The front seats fold all the way back, so I build a bed with some power tools that folds up over the front seat. That makes a 6 1/2' bed, which is plenty for most people.

The other side of the car holds all my clothes, food, and essentials. Somehow... and this still blows my mind... there is room for a passenger.

If you have a car, go to YouTube right now and search "Sleeping in Your Make and Model." Even if you're not interested in this lifestyle option, go do it. It's amazing what people come up with!

The same parking methods apply as with vans, campers, and RVs. Walmart parking lots are great. I use an app called ONP Walmart by AllStays that rates stores across the country on how sleepable they are.

I made some covers for my windows that I pop up at night, and it gives me complete privacy. Only once have I been asked to leave-- it was a Walmart well within the city limits of Cincinnati. Even that wasn't a huge deal, as the manager was very polite. I didn't argue and just moved to a nearby rest stop.

This is an excellent option if you're just getting started and can't afford to stay in hotels or even hostels. That said, you obviously still need a car. That can be a significant barrier for some people and doesn't help when you're traveling abroad.

## Backpacking

The most rugged version of a digital nomad is the backpacker.

To me, this sounds impossible, but I know plenty of people who do it successfully. It's genuinely living nomadically and doing it on "hard mode."

A waterproofing system is essential for backpacking digital nomads. There would be nothing worse than losing your laptop in some rain.

Lots of the world is backpacker-friendly. Backpackers do it all the time. The difference is that digital nomads somehow figure out how to get paid while doing it.

Backpackers often employ some of the previous strategies for sleeping but also are avid campers. Dispersed camping in national forests is usually free in the USA, and there are lots of references online where to sleep.

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The basic rule of thumb is the same as stealth camping in a van: try not to draw attention to yourself.

I honestly don't have much more to share about backpacking as a digital nomad because it seems insane to me. Get back to me in a few years, and I'll probably be doing it because I'm just crazy like that!

## Making Money

So you've identified one or more of the living styles that appeal to you. You can picture yourself renting a luxurious Airbnb in Bali or exploring the Northwest United States in your Honda CRV.

How are you going to afford all this?

This is what makes a digital nomad different from a traditional traveler. It's not either work or vacation. It's both. All the time.

This chapter will go through some of the most common ways to make money without being tied to a location.

Some people, like me, combine a few of these to make it work. At a certain point, you'll just have to start. Get started and see where it all takes you.

## Remote Jobs

The most traditional way to become a digital nomad dates back into the 1980s. With the rise of the Information Technology industry, some savvy IT professionals started ditching the office and hitting the road.

There are A LOT of jobs that allow you to work from anywhere. These aren't exclusive to the IT and Digital Marketing worlds anymore either!

First, if you have a job that you love, maybe you can transition your current role. Lots of companies are coming to the realization that employees can be just as productive (or more productive) when working remotely.

Start by applying yourself fully at work. If you're not able to prove you can handle the job while you're there physically, nobody is going to believe you can do it while you're off on some beach in the Carribean.

If you want some supplementary reading on how to make this transition, check out Tim Ferris' 4 Hour Work Week. In the book, he talks about some concrete strategies to convince your boss to allow you to work remotely (and for a fraction of the hours).

Eventually, you'll just have to ask. Maybe start with a few days out of the week working from home and proving you can do it.

I've found that it's essential to just be forward about your desired lifestyle. Some companies won't be as open to it as you'd think. At a previous employer of mine, I assumed that making this transition would work for them. Once I was there for a few years, I started to realize that it would

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never fit the company culture. My plan to transition inside that job had to be scrapped, and I moved to a more entrepreneurial route.

For me, the entrepreneurial route suited me better anyway. For you, that might not be an option.

Be honest with yourself. If you NEED the structure of a full-time job, don't try to kid yourself into thinking you can run your own company. You can, however, make a go at remote work. You'll get a little of both worlds.

If you can't transition your current job into a remote one, then you can always start applying for a new job.

Online sites like Remote.co, WeWorkRemotely, and a plethora of other sites cater specifically to this market. The types of jobs range all over the place from customer support to data entry to design to high-level programming.

You can also try a search on your favorite job board. Whether it's LinkedIn, Indeed, or a local site, see if there is an option for "remote" as a location.

### Freelance Services

Freelancing is how I got my start. It's a great transition and can also be a six-figure income for some!

Most people's minds jump to the type of freelancing I did. The creative stuff. Website design, video editing, graphic design, etc. BUT, you're in luck because there are also plenty of entry-level freelance jobs too.

Check out services like virtual assistants. These jobs take a lot of work, and the pay isn't often very high. The upside is that they require very little hard-skills to get started. The more skills you do acquire, the more valuable you become as an assistant.

If you're interested in learning a new skill as a freelancer, check out SkillShare. Even YouTube has tons of free tutorials to get you started. You can do more than you think you can. Everyone starts at zero, so there's no reason you can't start now.

Once you've built up some skills, which can be done while you're still working your on-location job, it's time to get out there and land work.

The number one way to get more clients is referrals. Ask anyone you've worked with or done work for to refer you. Cold direct messages and emails can work too, but try to avoid being too spammy.

If you're in a creative field, let your work go first and do the selling. By this, I mean to share it with people. The idea that you can put it up online and all of a sudden you'll be flooded with inquires is fantasy.

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You can also check out sites like UpWork and Fiverr (yes, you get paid more than \$5) to find freelance gigs to apply for. I've met a few of my best clients through these sites! You'll submit a lot of proposals that won't go anywhere, but the few that do could lead to an ongoing relationship.

Pro Tip: When applying for gigs on sites like UpWork, always record a unique video to introduce yourself. This sets you apart from the hundreds of other proposals they are getting and can make a personal connection. It doesn't always work, but it increases the odds of hearing back drastically.

## Consulting & Coaching

To understand what consulting and coaching are, we can look at how they are different.

The Forbes Coaches Council says "Coaching can help turn an entrepreneur into a great leader. Consulting, on the other hand, provides that much-needed expertise and assistance."

There's a lot of nuance to both career paths that I won't get into here. The lines are continually getting blurred, so it's essential to identify what clients hire you for.

The way I look at it is that coaching is for lifestyle and general guidance while consulting is for specific business problems and granular problem-solving.

Coaches are often living or aspiring towards a lifestyle that others desire. They are further along in their journey than the majority, so they can make some additional income (or even a full living) from helping others get to where they're at.

This is an oversimplification of coaching, but hopefully, you get the idea.

The great thing about coaching is that it could technically be done all from your smartphone. Unlike freelancing, where you probably need some bulky software, coaching is mostly person to person interaction.

You've probably heard of a life coach. That would be a good starting point, but the real opportunity is in more specific lifestyle areas.

For example, I coach people who are interested in becoming digital nomads. Super meta to talk about in a book about becoming a digital nomad, I know. The reality is that most cases are too individual for a book or a blog post or YouTube video. I need to be able to work with the individual, discover their strengths, tolerance for risk, and many other factors. Through that, we can develop a plan together, and I can help keep them accountable.

On the other hand, if you have any area of expertise, there is no reason you can't consult in that industry.

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I've done work as a marketing consultant. I've also consulted as an indie film producer. Both of those things are specific skill-sets that can be proven. If you have certifications (like I do for digital marketing), then you'll be even more likely to land gigs as a consultant.

It's crucial when you get started consulting to be upfront about your fees. This might be hard for you to do-- as it is for me-- but it needs to be done. Most companies are used to paying consultants. So if you're offering more than just passing advice about your expertise, it's entirely reasonable to ask for compensation.

I've actually done some light consulting that I intended to do for free and the business owner insisted on paying me for it. That's what can happen when you bring tangible value to their business.

The major hurdle to both of these options is that many clients will want to sit face-to-face with you. For me, that's part of the fun. I get to travel all over to meet clients face-to-face. But sometimes that can also get in the way of other travel plans.

It's best to be upfront with potential clients and find out if they mind Facetime/Skype calls or old-fashioned phone calls. A lot of consulting or coaching can be done through text and email, as well. Better to find out their preference first though rather than have an unhappy client later.

### Online Business Owner

Maybe business to business isn't your cup of tea (or coffee if you're a caffeine addict like me). There is still plenty of business to consumer options that might work for you.

Online retail, information products, and software as service would all fall under this category.

Online retail comes in many different forms. People make money selling handmade goods online, custom printed products and products sourced from manufacturers.

There are a lot of online courses you can take from successful eCommerce entrepreneurs that will accelerate your path.

I've done a little bit of this by sourcing products from AliExpress and importing them into a Shopify store. Then I would run ads to target specific groups of buyers on Facebook.

Most kinds of online retail take a bit of upfront cash investment. If you have that to invest, the returns can be crazy good. It's in no way a guarantee though so make sure you're not using your emergency fund or IRA money to start an online retail business.

The product I'm most drawn to are information products. Not familiar with what those are? You're reading one right now.

Information products include eBooks, online courses, plugins for popular software, and membership sites, to name a few.

The beautiful thing about information products is that they can be made for almost no upfront investment other than time. They're really only going to work if you have some sort of expertise. In that case, they match perfectly with consulting or coaching.

Software as service is the type of businesses you see booming all over the internet. Big names might be Grammarly-- which is what I'm using to write this-- or Trello. There are so many it'd be impossible for me to name them all, but I hope you get the idea.

If you're capable of creating something like this, great! A lot of us don't have the bandwidth to learn the required skills, which makes the marketplace still possible to compete with.

Even if you're someone like me that can only code really basic HTML/CSS for websites, you'll need to work with someone that can do the coding. That doesn't mean you're excluded from the business altogether. If you can provide other essential business skills, you've still got a shot!

You can also check out the site 1kProjects to find software that other developers built and are selling off for low prices. Some of these are fully functional software as service sites that the developer just doesn't have an interest in growing.

All three options are going to take some building before you can make a living. Get started now while you're still sitting in that office, and you could have a thriving business in a few months to a year. Then it's off to Cancun for you! Just remember to take your laptop, because they all require a lot of upkeep too.

## Content Creator

According to a 2018 Nielson study, US adults now spend nearly half a day interacting with media. That's content they're consuming, and it's a lot of it.

If you're reading this book, you probably consume a fair bit of travel content. There is a whole industry built around travel content.

Admittedly, that industry is saturated, but it's not impossible to breakthrough.

Content creation is a real grind. To compete, you need to make A LOT of content, and it has to be high quality. If that doesn't scare you away, then let's talk about how to make money from it.

Once you build an audience up-- which is an essential first step-- you'll be able to work with brands, travel agencies, and tourism organizations to make paid content.

Building your audience up, though, is the hardest part. There are tons of online courses out there that can help you do this.

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Clark Kegley has a coaching program to help you grow your YouTube audience if you're interested in that platform. He also has a course series called Video Breakthrough Academy that is worth checking out.

If Instagram is more your speed, check out Jeff J Cunningham's *The Best Instagram Guide Ever* on Amazon. It's full of real tactics and tools to help you grow your Instagram audience.

There are a lot of travel influencers too that would be worth following to see how they do it. Many of them also offer to coach others on how to attain their lifestyle.

Paid promotions with companies, travel agencies, and tourism agencies are not the only way to monetize a travel channel. Clark Kegley's course teaches a lot about other ways to monetize even a modest-sized online following through affiliate marketing and other methods.

### Final Note on Making Money

Mix and match the methods talked about here. Most successful digital nomads employ a combination of all these tactics.

For example-- and transparency-- I do a little bit of most of them. There is no way I could afford to live off of just one of them at this point. My business consists of freelance video editing, website design, information products, coaching, consulting, affiliate marketing, selling artwork, and royalties from movies I've made.

## Workspaces: Where to Work

You know how you're going to make your money. You understand that digital nomad life isn't about just vacationing but working wherever you go. Now, where are you going to get that work done?

It sounds easy enough to "work wherever there is Wifi" but sometimes finding reliable wifi can be a considerable challenge.

The first place you'll likely think of-- and it's my go-to place because I'm a diehard caffeine addict-- is coffee shops. Most coffee shops anywhere you go in the world have wifi at this point.

You can get into prime productive mode by putting in a pair of noise-canceling headphones, posting up in the corner where nobody will bother you, and diving into your work. That caffeine rush will help too.

It's important to note that you'll likely break your budget in a few weeks if you order a fancy coffee drink or tea latte every time you need to work. Opt for the basics like a small hot tea or black coffee, and you'll avoid blowing all your cash. Barista's don't mind the easy-to-make order either.

Something I've learned recently is to check the speed of their wifi before settling in. Save some extra money and check the wifi before you buy anything. I use an app called SpeedChecker, but there are a ton out there. This is a lifesaver.

Hotel lobbies are also a great place to get down to business. If you're staying at the hotel, you can access their higher speed internet. Even if you're not a guest, most hotels are welcoming, and the front desk can get you connected to the internet. Be super friendly, and they might even hook you up with a higher speed connection.

In both these situations, it's an unspoken rule that you should buy something while you're there. Again, don't get crazy. Buy something simple, and everyone will be happy... including your bank account.

If you're looking for a more stable work environment, then coworking spaces are the way to go. I find it hard to do this unless I'm in the same city for at least a month.

With an established coworking brand like WeWork, you can get global access to their spaces in over 75 cities globally. This might tie you down a bit more on travel plans, but that's still a ton of places to explore while getting work done.

The prices range, but their website gives all the information you need.

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If you're sticking around one city for a while, also ask some of the local coworking spaces if they have a city-wide passport program. These passports allow you to visit any of the in-network coworking spaces for one monthly fee.

The added benefit to coworking spaces is networking. Most of them offer some stellar marketing events, but you'll also get to know the other workers in the area pretty quickly if you're social. I've met some of my best connections by working next to someone and asking them what they're working on. Bonus points if you can help them on something. You've just made a lasting connection in that case.

The holy grail is not to have to rely on anyone else for wifi. I'm working on getting this set up right now. Once I figure it out a little bit more, I'll release a new edition of this book. If you're reading this, though, that doesn't help you out. Join the [ObynLyfe.com](http://ObynLyfe.com) community-- it's free-- for a free updated version when it comes out.

The absolute best resource I've found for researching mobile internet is [RVMobileInternet.com](http://RVMobileInternet.com) and their team. The people that run that site have been working remotely via RVs for over a decade, and they have the most comprehensive resources you'll find anywhere on the internet.

# Household

But where do you do your laundry!?!

How do you shower!?!

These are pretty much the most common questions I hear. If you've even tossed the idea out there that you might travel like this, I'll be you heard them too.

They're pretty simple questions to answer.

You do laundry at a laundry mat. They're everywhere and are relatively cheap.

For showering, use a gym. The bonus here: it makes it harder to skip a workout.

I work out FAR MORE OFTEN when I'm on the road than when I'm at my home base. I'm the type of person that needs to shower every day (unless I'm camping or something... then I can go two days). That's plenty of motivation to get me to the gym.

Even just a short work out will make you feel great for the rest of the day. Have you guys tried this stuff? Exercise is one hell of a drug.

## Eating

There are so many options for how to get your food while traveling. Luckily, we're still making money while on the road, so we don't have to skimp on our food budget.

If you're like me and you like to travel frugally still, then opt for groceries. It's pretty much the same as you would do at home. If I'm in a hotel or Airbnb, I'll just shop for a few days. If I'm in my car, I'll buy for a week but get nothing that should be refrigerated.

Something I've come to swear by is supplements. My favorite way to get in a full spectrum of nutrients-- especially on the road where it can be less intuitive-- is a meal replacement drink like Huel or Soylent. I don't recommend making those your ONLY meals, but add them in as an extra.

I also take a Vitamin C supplement to fight off all those colds random strangers give you.

One remarkable thing about traveling is that you get to try out the local cuisine! If you can figure out where there is a farmer's market (there usually is one at least once a week), then go shop around. The prices are low, you might meet some cool people, and you'll get some impressive local selection!

Dining out is my financial Achilles heel.

I

Love

Food.

Especially when someone else prepares it.

Everywhere I go, the first thing people tell me about the place is all the food establishments I NEED to try. I've had to set a rigorous budget for dining out; otherwise it's an easy \$500 a week... yes I said that right.

Another fresh option I recently found out about is meal-sharing apps. Yes, fresh was a pun.

Some of my favorites are Meal Sharing, Traveling Spoon, and WithLocals. There are some discount codes for these at the end of this book if you want to try them out.

## Relationships & Dating

Managing your relationships while traveling is tough for some people. You'll meet a ton of amazing people all over the world, but developing deep links can be a challenge.

Unless you're traveling with a partner, this lifestyle can put a severe strain on a romantic relationship. It can also just get outright lonely.

Maybe you're someone that really enjoys your alone time, and it wouldn't bother you at all.

I'm a very extroverted person and get my energy from interacting with other people. It can be hard for me to get the kind of deep interactions I crave while only spending a few days in any given location.

It is possible, though!

## Deal with Social Anxiety

Just like a lot of you, I have a lot of anxiety around meeting new people. I LOVE making new connections, but the reality of opening up a conversation with a stranger causes an internal panic.

For me, it's just a matter of remembering all the times I pushed through the anxiety. All the times I said, screw it, and talked to that group of strangers anyway. Almost every time it leads to a great connection. After all, wasn't everyone you know once a stranger?

This isn't a book about socializing, but I think that is a crucial thing to get used to if you're going to travel by yourself.

## Dating

You basically have three options when it comes to dating a living nomadically.

One: Travel Together

If you can both travel together, that's awesome! You'll have the time of your life.

It's a fantastic thing to get to share experiences like these with someone you love.

Two: Long Distance

Plenty of people make long-distance relationships work. The key is always communication.

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Also being realistic about how much you can communicate. Just because you have access to your phone doesn't mean you can be texting all day.

If you're working for yourself, you'll have to set clear boundaries of "work time" and "personal time" so that one doesn't bleed into the other too much.

Keep in mind that the time zones will likely be different too. There's a handy app I use called Time Buddy that helps me look at time zone differences in an instant. It's also beneficial when doing business calls across time zone lines.

## Polyamory

I debated whether to add this in here. Take my word with a grain of salt, because this is my personal choice. It's definitely not everyone's cup of tea.

The relationship structure that I find aligns with the nomadic lifestyle the most is Polyamory.

If you don't know, Polyamory "is the practice of, or desire for, intimate relationships with more than one partner, with the consent of all partners involved. It has been described as "consensual, ethical, and responsible non-monogamy."

Being nomadic means, you'll be a lot of fascinating people. I've experienced a desire to express love to some of these people. Not always in a physical way. It's beautiful to be able to be fully authentic about that without worrying about it being cheating.

That said, Polyamory is not a free pass necessarily. It's still important to be upfront, respectful, and honest with your partners.

Someone said to me recently, "Polyamory is like relationships on hard mode."

It is, but it also pushes you to develop self-awareness and challenge the negative parts of your relationship habits that often can't happen in monogamy.

## Getting Okay with Being Alone

Regardless, unless you're traveling with a partner, you'll need to get okay with being alone.

Maybe that's already you.

For me, it's been tough to be alone so much. After a while, it really has helped me get more work done and be more reflective than ever before.

Meditation has helped me a lot with this. Just being okay with not "doing" something always will help.

## DIGITAL NOMAD: HOW TO GO FROM IN THE OFFICE TO ON THE ROAD

Push yourself to talk to strangers and try to build deeper bonds quicker.

Being okay with being alone makes you come off as less desperate and paradoxically makes it more likely you'll create new connections.

## Entertainment & Down Time

You'd be surprised by how often you're in a new city or place without anything to do.

This happens to me whether I plan a visit or go somewhere spur-of-the-moment. There's always an evening, once all the coffee shops are closed, that I didn't expect anything to do.

The obvious thing for a lot of people is checking out the bar scene or clubs. I try to limit my time in those scenes, so I've figured out some other ways of finding things to do.

### Be A Tourist

Don't be afraid to look like you're a bit of a tourist. You are!

Check out the sightseeing. A simple Google search will bring up a host of options for any location.

If you want to really find the hidden gems, ask someone who has lived there for awhile.

### Apps for Finding Events

There are quite a few apps out there to find events.

By far, the best is the Facebook Local app. This aggregates all the events on Facebook in an easy-to-use separate app. You can search near you based on categories, times, and distance.

Meetup is another option for finding things to do locally. There is less listed on Meetup than Facebook, but it's still a pretty good spot to check.

Google also has events listings if you type in things like "What to do in Baltimore Tonight." It aggregates from a bunch of smaller sites, so you don't have to go searching as much.

My go-to event is always local music. That's where I meet a lot of cool people, but even if you don't talk to anyone, you can sit back and enjoy some live jams.

### Movie Passes

When I'm on the road for long periods, I tend to watch a lot more movies.

Instead of spending a ton of money on tickets, check out some of the movie pass options like AMC Stubs A-List and MoviePass.

The AMC Stubs A-List is an incredible deal, but you'll be limited to AMC Theaters only. Luckily, they've bought out most of the competition and are in just about every town or city now.

## Peace and Quite

Sometimes you just want to relax.

Nearly everywhere has public parks. Hop onto your favorite map app and look for the nearest patch of green.

Sometimes those will be country clubs or a zoo. Usually, they're a public park.

Go park your car and walk around a bit. Enjoy the people watching and some fresh air.

## Digital Nomad Life: Where to Start

If you've read this book and are thinking to yourself, "That sounds great, but how do I start," then you already answered your question.

Start.

Figure out which versions of the lifestyle you want to try out and give it a go.

Take some vacation time from work and experiment. Instead of unplugging for a week, go somewhere and try to get some work done.

You can even do this on the weekend. Just travel somewhere relatively close and test yourself.

This lifestyle change has opened my world up to so many possibilities. It feels like my mind starts to dry up when I stay in one place too long. Being a digital nomad is a near-constant state of inspiration for me.

I hope it can be that for you as well!

## Resources

Get this full list of resources on our website, [craiginzana.com/resources](http://craiginzana.com/resources).

Apply for Coaching (We can focus on digital nomad transitions or broader goals):  
[craiginzana.com/coaching](http://craiginzana.com/coaching)

AMC Stubs A-List: <https://www.amctheatres.com/amcstubs/alist>