

NOMAD

Issue 3

EUR 22

MIND. BODY. TECH. FOR NOMAD LIFE

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Hello!

Welcome to our third edition,
dear reader.

Three editions might not sound like much, but for our team—and for me especially as its founder—it’s a huge milestone.

I never imagined we’d come this far. And yet, here we are, delivering our third baby into the world—thanks to our friends, partners, and to you, our readers.

I often reflect on the value this magazine brings, especially in a world where you can ask ChatGPT almost anything. But AI will never replace personal experiences, values, or the topics we deeply care about.

We curate stories you might never search for on Google, but hope that, while flipping through the pages, you’ll find something that resonates, teaches, or even inspires you.

We invite experts we trust—people who share from the heart. And then we carefully edit their words by hand, not with AI.

In this edition, we allowed ourselves to explore more around wellness, therapy, building relationships, and digital health products. But we also made sure to keep a balance—with articles on AI trends for online entrepreneurs, AI and Virtual Assistants, overtourism issues, supporting local economies, and new trending ways of solving affordable living—house sitting. And of course, we want to inspire your travels with our experience in Buenos Aires, a pho-

tostory from Cape Town, and my personal favorite: a hidden gem in Guatemala. I’m not overselling—it really is still a hidden paradise, and we’re in a hurry to tell you about it.

And the cherry on top? An exclusive piece by Mindvalley author, course creator, and dear friend Jimmy Narraine. You might know Jimmy from Nomad Cruise, where he’s become a regular speaker and a core part of the community. He’s also known for his highly-rated courses on Mindvalley and Udemy, which have impacted over 300,000 students worldwide. Jimmy is passionate about confidence, entrepreneurship, and mental health—often drawing from his own journey of overcoming self-doubt, imposter syndrome, and a non-linear path through life. Despite his packed schedule, he took the time to write a deeply personal piece for us, reflecting on the hard-earned lessons from years on the road as a digital nomad—and how those experiences shaped who he is today.

Finally, we’ve gone a bit more experimental with the design. This edition was shaped in collaboration with a new design studio based in Brazil—making our magazine even more global, as we continue to print in Prague and ship from Slovakia to more than 100 coworking spaces, communities, and major events in Europe but also in Latin America and in Asia.

Lera Pitiakova

ABOUT NOMAD GOSSIP MAGAZINE!

NGM is your fast pass to the global community of jet-setting professionals. From remote workers to freelancers, online entrepreneurs, to all you creative souls, we're here to dish out the freshest perspectives on living your extraordinary life in harmony with your chosen home-from-home.


Our mission is to unite the individual nomad with the wider world, facilitate connection and offer you a crystal ball into the future of the digital nomad industry.

What's our game plan? NGM primarily offers digital literature for when you're on the move as well as stunning, limited-edition printed magazine issues for that old-school charm (which you'll find in all the best digital nomad co-working hotspots).

NGM is written for the nomad in all of us; and we're excited to welcome you to the community.

The world is my office.

*I travel solo,
but I'm never alone.*



The world is a book, and
those who don't try nomadism,
only read one page.

I wanted to see the world
but I've found friends.



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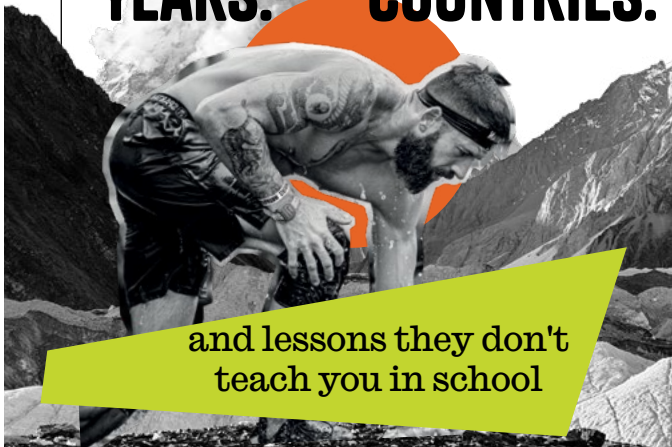
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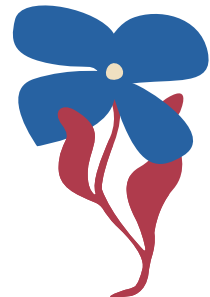
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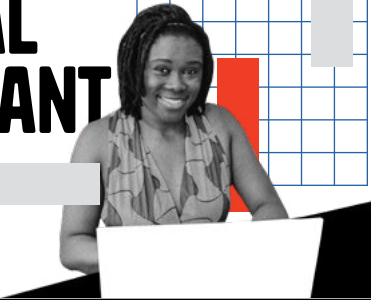
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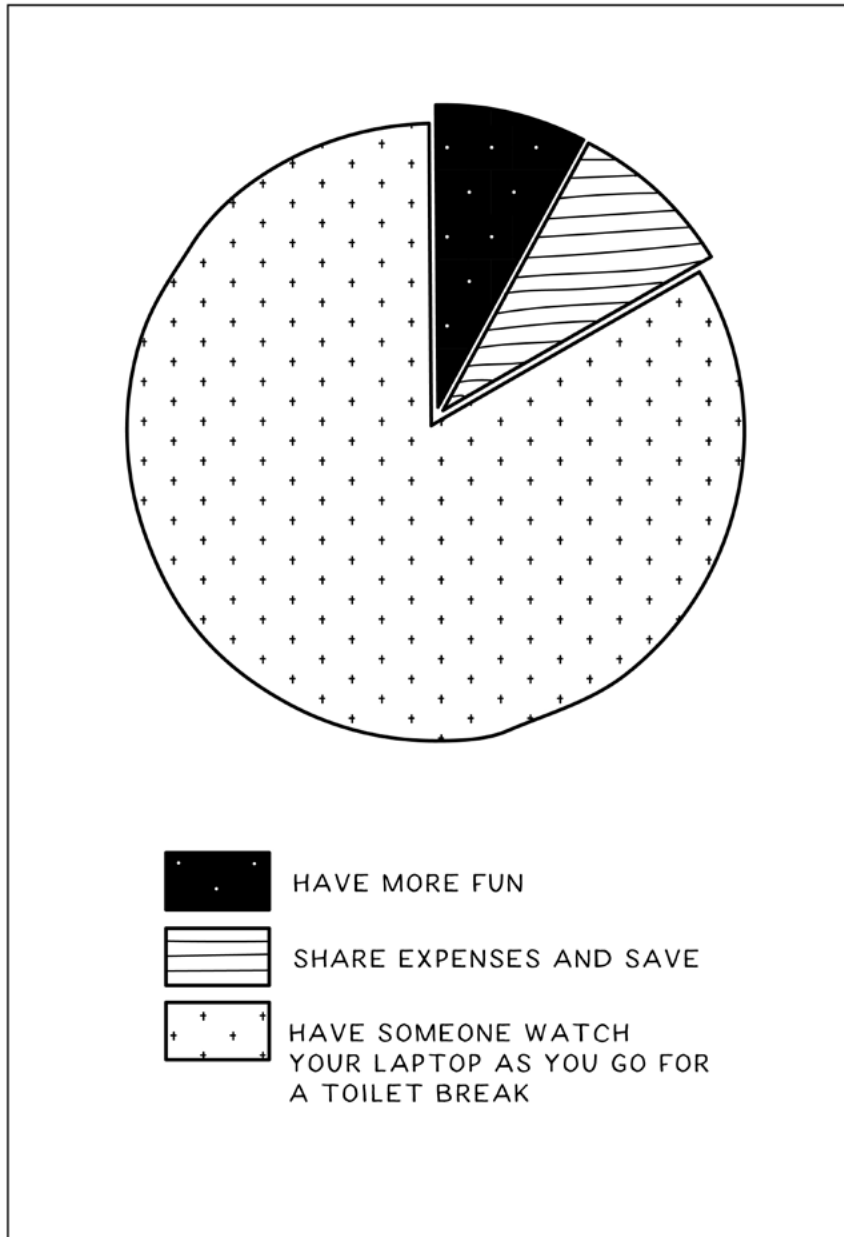
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Upcoming Digital Nomad Events



WHY YOU SHOULD GO NOMADING TOGETHER



CO-OP MODE!!

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Team



**LERA
PITIAKOVA**

Lera has been living the digital nomad lifestyle since 2015 and recently found a haven in Madeira, Portugal. 10 years ago, she took a leap, bidding farewell to her glamorous job at Nike in Ukraine adventured into a new chapter as a community manager in a coworking space in Thailand, initially for just a winter break. But destiny had other plans, and there was no turning back to her previous life. Now she's publishing Nomad Gossip Magazine to support the growing community (and industry).

Expertise experience: 18 years
Countries: 56



**JESSICA
HOLMES**

Jess is a writer, editor, and public speaker. Her strong affinity with animals and nature inspired her to travel the world full-time looking after peoples' homes and pets through house-sitting. Having lived nomadically for long periods she's an expert on all things digital nomad, backpacking, van life and house-sitting. Her book *The Housesitter's Guide to the Galaxy* is a guide on how to use housesitting when traveling whilst being mindful of your environmental impact. Find her @hitchedhikingandhousesitting or hitchedandhiking.com

Expertise experience: 5 years
Countries: 51



**FERIDE
MUSTAFAlEVA**

Feride began her career as a luxury travel designer in the Seychelles, where she spent three years creating bespoke experiences in the Seychelles and Maldives. She later transitioned to remote work with the leading personal growth platform Mindvalley, where she managed content production, localization, and sales strategies for nearly five years. Now based in Vienna, Feride channels her expertise into marketing and content for Nomad Gossip Magazine, while enjoying yoga and continuing to explore new corners of the globe.

Expertise experience: 10 years
Countries: 28.



**AMY
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Amy White is an internationally acclaimed book publishing expert and literary agent from the UK. Her ghostwritten and edited books have hit every major bestsellers list in the USA, including *The New York Times*. As Former Editor-in-Chief of Mindvalley, her articles and edited content have touched the lives of a whopping 16 million humans!

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Jimmy Naraine has spent 12 years exploring 90 countries while helping over 500,000 people upgrade their mindset, resilience and confidence through platforms like Mindvalley and Udemy. Blending adventure with education, he has swum in Antarctica, raced in Spartan and Oceanman events, trained Muay Thai with world champions, explored the Himalayas and Karakoram, and even jumped from frozen waterfalls with Wim Hof. They've deeply shaped his understanding of courage and mental strength, which he now channels into mentoring elite performers, including entrepreneurs, authors, and public figures. Together with a former UK Special Forces soldier and star of the TV show *SAS: Who Dares Wins*, Jimmy co-leads BreakPoint Crucible—an invite-only expedition series for high-performing men.

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PAUL GOTEL

Paul Gotel is a life coach, author, inspirational speaker, and ecstatic dance DJ. After a successful career in the global music industry, he realized that power, money, and fame didn't hold the answers he sought. Leaving the Western world behind, he embarked on a five-year spiritual journey across 75 countries, living with Aborigines, Bedouins, and Buddhist monks while exploring the world's sacred sites. After 15 years of deep self-work, he settled in Hawaii to distill his experiences into his book, *The Big U*, a "small book with a BIG message."

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Contributors



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Loretta Graziano Breuning, PhD, is the author of *Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin and Endorphin Levels*. She's the founder of the Inner Mammal Institute and Professor Emerita of Management at California State University, East Bay. Dr. Breuning's many books, videos and podcasts explain the brain chemistry we've inherited from earlier mammals. Our brain is not designed to produce constant happiness, yet Dr. Breuning's work explains the natural way to enhance our power over these chemicals. Her nine books have been translated into sixteen languages.



BIANCA BONILLA

Bianca Bonilla is a dynamic entrepreneur known for launching several successful online ventures. Her latest project "Ola" is a co-living space in El Paredón, Guatemala—a tranquil surf town on the Pacific coast. Ola offers thoughtful suites with modern amenities, aiming to foster a sense of community and connection among guests. This venture reflects Bianca's commitment to creating spaces that blend comfort, community, and a deep appreciation for local culture.

Coliving in Guatemala

IG @ola_elparedon



TOKS COYLE

Toks Coyle runs her own virtual assistant business, Toks.Rocks, remotely from wherever she and her laptop go. She provides marketing admin and tech VA support to small businesses and organizations, including creatives, coaches, trainers, social enterprises, and charities. Toks also writes a travel blog at ToksTravels.com, where she indulges in her two loves of writing and travel by documenting her trips and experiences of exploring the world, particularly coliving spaces and digital nomad experiences, giving out a few tips along the way.



SIMON WATSON

Simon Watson is a photographer specializing in travel and documentary, lifestyle, food and portraiture. Originally from Ireland, he relocated to Cape Town and was immediately captivated by the diversity and beauty of South Africa. Whether he's working on editorial projects, personal portraits, or brand storytelling, his aim is always to create imagery that feels honest, engaging, and human.

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Anna Maria Kochanska is a remote work thought leader and public speaker, specialized in future of work and travel topics. She is also a founder & CEO @The Remote Impact and R- MAP EU board member. Through her work at The Remote Impact, she helps governments, brands, and organizations attract, integrate, and retain digital nomads and remote workers following core values such as sustainability and social impact. She was also featured in multiple podcasts and various renowned media as TEDx, Forbes, Sifted.eu, Index.hr, Bloomberg, TV National de Cape Verde, TV Bosnia, Herzegovina and TV Slovenia.

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SHELLEY DOYLE

Shelley Doyle is The Social Wealth Strategist, Founder of The Commu-niverse and host of the Rediscovering Connection podcast. Shelley empowers those living a nomadic lifestyle or working remotely to build their social wealth, so they can feel deeply trusted, connected, and supported, online, of-fline, and within.



RAMON MORCILLO

Ramon is a co-founder of Mapmelon, which is the platform for finding and booking colivings designed for remote workers and digital nomads worldwide. They focus on real community, curating spaces that mix quality work setups with vibrant social connections. You can filter by location, price, or vibe, read honest reviews, and book your stay directly. Whether you're already a nomad or just starting out, Mapmelon helps you find your next adventure-friendly home.

www.mapmelon.com



SAFIR JAMAL

Safir is the founder of Global Nomad Pass, the membership that rewards you for supporting local businesses around the world. A seasoned entrepreneur, Safir has successfully built multiple ventures in Silicon Valley and was previously the Head of Global Strategy for the iconic Gillette brand. He is passionate about leveraging the economic impact of travelers to be a force for good and created Global Nomad Pass to make conscious spending effortless. Originally from Toronto, Canada, Safir has traveled to 70+ countries, speaks five languages, and has been a digital nomad for the past four years.

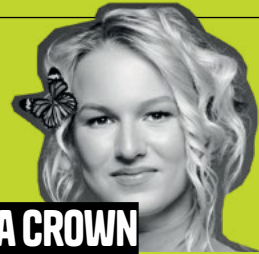
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KATE GUNER

Kate Guner is a certified nutritionist, holistic health coach, and yoga teacher passionate about making wellness accessible. She helps clients not only create sustainable habits, boost energy and overall health but also transform it on the unconscious level by addressing root causes through interactive meditation sessions to uncover and shift limiting beliefs.

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ALINA CROWN

Alina Crown is a professional energy coach, astrologer, and healer from Latvia, and has spent years helping nomads tap into the cosmic side of travel. She is a holistic healer and biohacker who blends the wisdom of celestial energies, crystals, and cutting-edge wellness strategies to guide people through life's pivotal moments. If you'd like more tailored advice, or have any questions about astrocartography, you can contact Alina on Instagram @intim-nature or Telegram @criolocuracao.

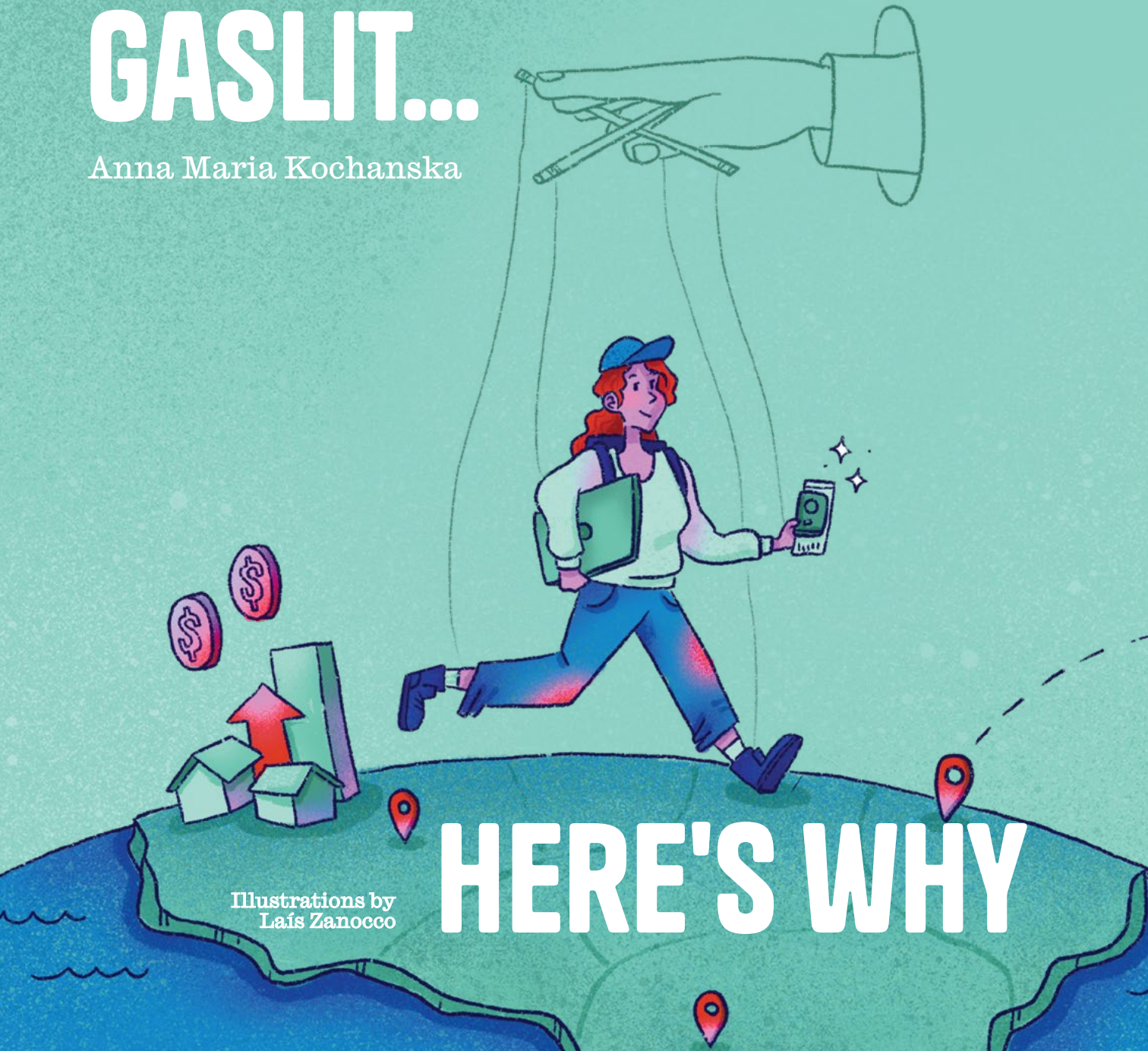


MARTIN DONADIEU

Martin is a solo SaaS creator who builds open-source software without external funding, sharing his journey and insights through the *Solos Ventures* podcast. He's also the mind behind Capgo, a powerful tool for seamless app updates. Discover more at *solos.ventures*.

DIGITAL NOMADS HAVE BEEN GASLIT...

Anna Maria Kochanska



Illustrations by
Laís Zanocco

HERE'S WHY

Overtourism is rapidly becoming one of the most significant challenges that popular travel destinations across the globe face. From the bustling streets of Barcelona to the picturesque cliffs of Lisbon and the charming beaches of the Canary Islands, local communities are becoming overwhelmed by the huge volume of tourists. And the blame is being pinned on nomads.

However, the real issue lies in the explosive growth in global travel affordability and the tendency of the majority of tourists to concentrate in just a few popular destinations. 80 % of travelers visit just 10 % of the world's destinations. Spain, already struggling with overtourism, is expected to become the most visited country in the world by 2040. This concentration puts immense pressure on those few locations, leading to environmental degradation, housing crises, and rising tensions between locals and visitors. Moreover, the lack of understanding by local communities often leads to misplaced blame on different groups of foreign visitors, putting together tourists, ex-pats, and digital nomads without recognizing their different impacts.



80%
of travelers
visit just **10%**
of the world's
destinations.

THE DIGITAL NOMAD DILEMMA: COLONIZERS OR SAVIORS?

Digital nomads have been unfairly labeled as a big part of the problem, with critics often painting us as modern-day colonizers who drive up prices and displace locals. But the reality is far more nuanced.

Data shows that in many destinations, digital nomads represent less than 1% of the total number of visitors. In Lisbon for example, in 2023 there were around 16k nomads, versus 6.5 MILLION tourists who visited the coastal city over the course of that same year. Most local residents don't understand the difference between nomads, tourists, or expats and put everybody in the same box as foreigners. But what is the impact of 16k compared to 6.5 million?

This lack of context causes misunderstandings about how digital nomads differ significantly in their patterns of consumption and their potential positive contributions.

In fact, one of the significant factors behind rising housing costs and overcrowded streets in popular destinations is often foreign investors who buy up properties for short-term rentals. These investors are driven purely by profit, often without any regard for the long-term impact on the community.

Meanwhile, digital nomads, who typically stay in one place for longer periods, can actually help distribute economic benefits more evenly by spending money on local businesses and supporting less popular neighborhoods.

FLIPPING THE SCRIPT: DIGITAL NOMADS AS CATALYSTS FOR POSITIVE CHANGE

So how can digital nomads flip the script and become part of the solution to overtourism? It starts with a shift in mindset and a commitment to responsible, sustainable travel. Here's how:



CHOOSE EMERGING DESTINATIONS

One of the most effective ways to combat overtourism is to spread out the impact by choosing less crowded, off-the-beaten-path locations. Instead of traveling to the usual hotspots, digital nomads can discover new destinations, bringing economic benefits to areas that are often overlooked by traditional tourists.

For example, lesser-known towns in Portugal or Spain offer a more authentic experience than the crowded streets of Lisbon, and they're eager to welcome remote workers who contribute to the local economy without overwhelming it.



2

SLOW DOWN, INTEGRATE WITH LOCALS

Unlike traditional tourists who often visit for just a few days, digital nomads tend to stay in one place for weeks or even months. This longer stay allows for a deeper connection with the local community too. By getting involved in local events, volunteering, or joining local workforces and contributing their skills, nomads can leave a lasting impact on the communities they live in.

In my own experience as a digital nomad, I've seen firsthand how this can work. Since 2017, I've traveled to multiple destinations, and in each place, I've made a point to integrate into the community. Whether it's mentoring startups in Cape Verde or supporting local businesses in the Balkans, these experiences have shown me that digital nomads can be a force for good—if we make the effort to engage meaningfully with our surroundings.

One of the significant factors behind rising housing costs is foreign investors buying up properties for short-term rentals

BE A ROLE MODEL FOR SUSTAINABLE TOURISM

As digital nomads, we have a unique perspective that can be used to advocate for more sustainable tourism practices. By traveling off-season and supporting small, local businesses, we can help shift the narrative away from mass tourism toward a more responsible, balanced approach.

In Barcelona, for example, the influx of visitors has sparked conversations about the future of tourism in the city. While there are concerns about gentrification, housing, and rising costs of living, there's also a growing recognition that remote workers can play a key role in promoting sustainable tourism—by spreading the word about the benefits of visiting the city outside of peak season.



3

In Lisbon, there were around **16,000** digital nomads in 2023, compared to **6.5** MILLION tourists—yet both are unfairly lumped together.

WHY THE BLAME GAME WON'T SOLVE OVERTOURISM

It's easy to blame digital nomads or tourists for the problems associated with overtourism, but the reality is that the issue is much more complex. The truth is that local governments, hospitality, and travel companies, and even residents themselves all have a role to play in managing tourism in a way that benefits everyone.

For instance, in Barcelona, protests against mass tourism are common, but they often target the wrong group. Instead of focusing solely on tourists or digital nomads, local communities should be

demanding that their governments take action to regulate the tourism industry, create and protect affordable housing, and ensure that the benefits of tourism are shared more equitably. Digital nomads can be allies in this fight. By collaborating with local authorities, participating in community discussions, and advocating for policies that promote sustainable tourism, we can help create a future where travel is a force for good, not a source of conflict.

THE PATH FORWARD: COLLABORATION AND RESPONSIBILITY

Looking ahead, the future of travel—and the role of digital nomads within it—will depend on our ability to collaborate and take responsibility for our impact.

We estimate that by 2035 there will be 1 billion remote workers. Most of them will be able to travel for at least a few months per year.

With such a rise in remote workers, the conversation about the impact is becoming a political issue of big importance. With this growth comes a responsibility to ensure that our presence benefits the communities we live in, rather than exacerbating existing problems.

In conclusion, overtourism is a complex challenge that requires a multifaceted solution. Digital nomads, far from being the villains of the story, actually have the potential to be part of the solution—if we make a conscious effort to choose less crowded destinations, travel in low season, integrate ourselves, offer our skills and be role models for sustainable practices. By doing so, we can help create a new narrative around travel, one that emphasizes mutual benefit.

Let's build awareness about the impact of digital nomadism to ensure that the future of travel is one where everyone—locals, tourists, and nomads—can thrive. ■

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OUTSITE

VOTE WITH YOUR WALLET!

HOW NOMADS SHAPE LOCAL ECONOMIES WITH EVERY PURCHASE

Safir Jamal



Nomads, listen up. You might not think of yourself as an influencer (no #OOTD or dance trends required), but you are—an economic influencer. Every day, with each swipe of your credit card or cash transaction, you're shaping the local economies you're temporarily a part of. Each purchase strengthens or weakens the community where you spend your money.



Let's paint a picture. Imagine your favorite neighborhood in your favorite city. Picture the cafes you camp out in with your laptop, the restaurants you rave about to friends, the yoga studios that keep you zen, and coworking spaces that spark your productivity. Now imagine if all those spots disappeared overnight. Poof—gone.

It sounds dramatic, but it's not far from reality. Local businesses are in trouble. According to Safir Jamal, founder and CEO of Global Nomad Pass, "Local businesses are an endangered species." In fact, studies show that local restaurants, cafes, salons, spas, and barbershops in the European Union collectively employ 11.6 million people¹ and generate

more than €500 billion annually², making them a cornerstone of the region's economy. Yet, these businesses are facing an unprecedented survival challenge due to rising operational costs, labor shortages, and declining foot traffic.

Meanwhile, in Latin America, nearly 2.7 million local businesses permanently closed in the wake of the pandemic, according to a report by the UN Economic Commission for Latin America and ECLAC³. In Thailand, reports indicate that more than 400,000 local businesses nationwide have been severely affected by a decrease in consumer spending, unsustainable rent hikes, and competition from multinational chains⁴.

**GLOBAL
NOMAD
PASS** 

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WHY LOCAL BUSINESSES ARE WORTH SAVING

Here's the thing: local businesses are more than just places to grab coffee or lunch. They're the lifeblood of a vibrant, equitable economy. Did you know that a local business circulates up to three times more money back into its community than a multinational chain?

Here's how: when you buy a latte from a local cafe, that profit stays in the community. The cafe owner uses it to buy fresh produce from the local market, treats their family to dinner at one of the neighborhood restaurants, and repairs their cafe's vinyl sign at a shop down the street. The money flows and grows—all locally. Your money set off a ripple effect, breathing life into the local economy. Compare that to buying from a multinational chain, where profits head straight to HQ overseas and rarely trickle back to the local economy.

WHY NOMADS SHOULD CARE

Think about your favorite destinations again. What makes them special? Sure, nature might top the list, but the heart of every destination is its local businesses. It's the quirky cafes, the unforgettable food, and the modern coworking spaces that keep you coming back. These businesses shape the essence of the places we love.

If we do nothing, we risk a future where every city starts to feel the same. Generic. Predictable. A Starbucks on every corner and little else to write home about.

THE POWER OF THE NOMAD COMMUNITY

We all know that nomads aren't just backpacking through life, but we may not realize just how much of a global economic powerhouse we are. Collectively, digital nomads contribute a staggering \$787 billion to the global economy annually. That's more

than the GDP of countries like Sweden, Thailand, or Argentina.

But with great power comes great responsibility. We must decide how to direct that \$787 billion. Which businesses deserve our support? How can we ensure our spending uplifts the communities we visit?

ENTER GLOBAL NOMAD PASS

To make it easier for nomads to support local businesses, Safir launched Global Nomad Pass, the membership that rewards you for supporting local businesses around the world. With access



¹ Source: https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Businesses_in_the_accommodation_and_food_services_sector&&https://ec.europa.eu/eurostat/tw

² Source: <https://kvvvz.ibusworld.com/europe/industry/food-drink-service-activites/200071/>

³ Source: <https://dalberg.com/our-ideas/how-to-invest-in-an-inclusive-business-recovery-in-latin-america/>

⁴ Source: <https://kvvvz.nationthailand.com/blogs/business/economy/40039072>



Here's how: when you buy a latte from a local cafe, that profit stays in the community. The cafe owner uses it to buy fresh produce from the local market, treats their family to dinner at one of the neighborhood restaurants, and repairs their cafe's vinyl sign at a shop down the street.

to 500+ hidden gems across 25+ destinations—think cafes, restaurants, accommodations, coworking spaces, fitness studios, bars, salons, barbershops, spas, and unique local experiences—you'll save while supporting the heart of every community. Their model is simple: members enjoy exclusive discounts (up to 50% off), while local businesses gain visibility and new customers. Win-win!

By hiring locals to scout and partner with these hidden gems (places that locals love but that might not show up on any TripAdvisor lists), GNP ensures that every connection is authentic and impactful. The vision? Building a future where travelers and local economies thrive hand in hand. It's all about "saving globally while supporting locally."

When a local business is selected to join the GNP partner network, they're awarded a "Best Hidden Gem" window sticker to proudly display. According to Safir, these distinctive purple stickers act like badges of honor for local owners, offering them much-needed recognition.

GLOBAL NOMAD PASS IS ABOUT MORE THAN JUST DISCOUNTS...

Adding the Global Nomad Pass to your Apple or Google Wallet is as easy as when you do the same for a mobile boarding pass. Check out the list of local partners and their respective discounts on GNP's website and simply show your pass in-store before you pay. The staff applies the discount to your bill and you'll even scan a QR code to keep things official.

"Global Nomad Pass is about more than discounts," says Safir. "It's about empowering travelers to uplift local businesses and strengthen local economies."

So, next time you're in your favorite nomad hotspot, skip the chains. Find the hidden gems. ■



HOW TO BREAK THE ICE WITH NEW PEOPLE

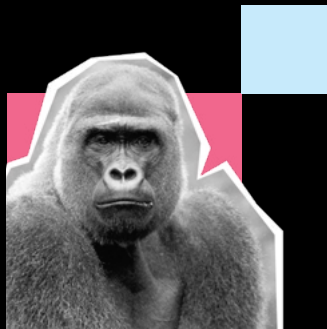


Loretta
Breuning

Humans are often called “social animals,” so why is meeting people so hard?

There’s a simple reason that’s widely overlooked: our emotions are controlled by brain structures inherited from earlier animals, and animals are surprisingly testy with each other!

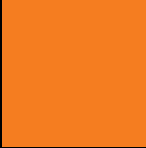
Monkeys are wary of other monkeys, and for good reason. Goats are wary of other goats. Here are three reasons why our mammal brain is naturally wary of social interactions:



1. THE DOMINANCE-SUBMISSION RITUAL

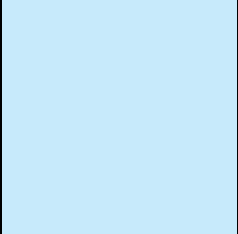

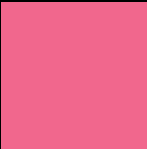
Mammals are very status-conscious in their herds, packs, and troops. They are eager to rise in the hierarchy of their group because that helps them spread their genes. They are even more eager to avoid getting bitten or kicked by a stronger group mate, which is always a possibility.

So every time two mammals meet, they compare their relative strength and decide if they are stronger or weaker. When a monkey decides that it’s weaker, cortisol is released and it pulls back to protect itself. When a monkey thinks it’s stronger, serotonin is released and it makes a dominant gesture like raising its head and staring. Monkeys rarely fight because they are very good at predicting who would win.



We humans have inherited this impulse to weigh the strength of others and respond with strong emotions. We judge strength in ways adapted to the niche we happen to live in. When you meet someone new, your non-verbal brain makes social comparisons and decides how you stack up against them. You don’t consciously intend to do this, so your conscious brain easily jumps to the conclusion that *they* are judging *you*. You may decide that they have put you in the one-down position. That triggers stress chemicals, and you don’t realize that you’ve done it to yourself.

The solution is self-acceptance. You tell yourself that mammals are status-conscious, and you are a mammal, so your mind goes there despite your best intentions. Each brain defines status with neural pathways paved by its own past serotonin. These old pathways define strong and weak on a variety of dimensions. The result is a cocktail of good and bad feelings. Instead of taking these feelings as facts about the world, help your inner mammal to relax. Remind it that the other person is also a mammal who is torturing themselves with social comparison!



2. THE RISK OF BEING TOO CLOSE

Mammals live in groups for protection from predators, but group life brings real risks. When a goat sticks with the herd, for example, they risk eating grass that was soiled by others, which causes intestinal worms. That triggers cortisol, so goats are highly motivated to step away from the herd and find greener pastures. But predators are quick to eat isolated individuals, so cortisol also surges when a mammal sees that it’s isolated.

This naturally makes life quite complicated! In a sense, you’re damned if you do, and damned if you don’t. It’s helpful to remind yourself that every goat on planet Earth is constantly choosing when to stay with the group and when to go solo. They can manage these feelings and you can too. Chemicals guide these decisions in all mammals. Oxytocin rewards you for finding the safety of social support, and cortisol alarms you when you’re too close or too far.

As humans, we constantly navigate the social world in an effort to enjoy oxytocin and avoid cortisol. Each brain does this with neural pathways built from its own past oxytocin memories and cortisol memories. So, depending on your individual experience, you'll be more or less nervous in various social settings. That's natural.

Be aware that these chemicals are powerful, but shouldn't be taken as gospel. Just because you're scared doesn't mean you actually face a threat. Remember, this is an ancient operating system doing its thing. It's not 'reality.' You have to keep reminding yourself that there is no predator trying to eat you, even though cortisol makes it feel that way. Remember that nobody is 100% comfortable socially all the time because oxytocin is not designed to flow all the time. It's only released in short spurts when you have the sense of finding or connecting with your herd. This is why we all value moments of bonding.

3. THE BRAIN'S ENDLESS QUEST FOR REWARDS

Mammals are constantly foraging for food and don't know where their next meal is coming from. Hunger triggers cortisol, but dopamine is released when a mammal sees an opportunity to meet a need. In the modern world, our physical needs are met more easily, so social needs are the key to our hit of dopamine.

When you have an opportunity to meet a new person, your inner mammal thinks of how they might help you meet your needs. That may sound selfish and you think you're better than this, but your inner mammal keeps seeking dopamine in ways that sparked it in your past.

Dopamine is released in anticipation of rewards because its job is to motivate action. When a mammal sees ripe fruit in the distance, they are excited to go for it. This is why you get excited in anticipation of new encounters.

But once a monkey gets the fruit, the dopamine stops. This is why the new person seems less exciting after a while. This makes interactions confusing! You think it must be them because you don't know how your own brain produces these ups and downs. You may lose your motivation to meet new people if you see them as disappointments, so it's important to know how your dopamine works.



TIP: USE CARDS LIKE NOMADICARDS TO SPARK CONVERSATION AND BREAK THE ICE WITH NEW PEOPLE.



nomadicards
meaningful conversations for digital nomads



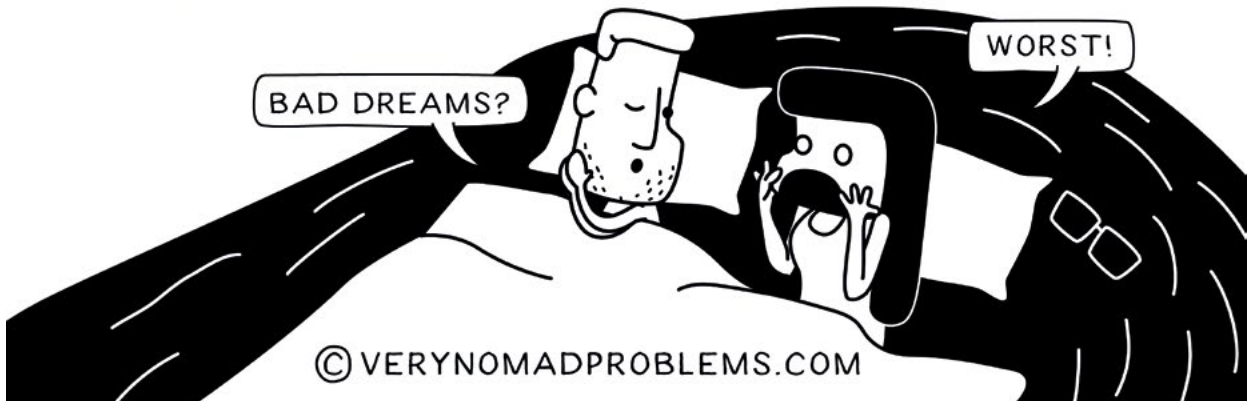
WHY MAKE THE EFFORT?

Despite our confusing chemicals and our peculiar urge to secretly size up strangers, we are fundamentally built to socialize. For most people, other humans are what give life meaning. And you never know, that stranger might become so much more to you; a friend, a business partner, or even a lover, given half the chance. You have no idea what relationships you might be missing out on.

Similarly, the unknown soul you're about to break the ice with may well be someone who you learn something major from. They could be someone who will challenge you to be a better version of yourself, even if it stems from getting inspired to...not be like them? Of course, not all our social interactions will be pleasurable, but if you don't try, you'll never know. And so what if it all goes sideways? You either win socially, or you grow, or both.

It's not easy being a big-brained mammal, but when you know how your primal brain works, you can guide it toward more rewarding social interactions and dial down the stress. So go out there and break some ice. Nobody's going to crap on your dinner, or eat you. ■

A DIGITAL NOMAD'S WORST NIGHTMARES



When you find your people, every place can feel like home.

Nomad Nest creates curated one-month experiences in handpicked cities around the world. We're not just another nomad program. We're building a global travel family.

Where You'll Live. Work. Connect. Explore. Belong.

NomadNest.com



12
YEARS.



90

COUNTRIES.



Jimmy Naraine

Meet Jimmy Naraine—mindset wizard, world explorer, and digital nomadism junkie. He’s lived in ~90 countries, taught 500K+ students, and turns discomfort into his playground (think: icy plunges with Wim Hof and sparring with Muay Thai beasts).



and lessons they don't teach you in school

Born in post-communist Poland, Jimmy broke free from fear and limits to build a life on *his* terms. Now he speaks on epic stages like Mindvalley, leaving audiences fired up and rethinking everything. If you're done with average and ready to level up your life, this is your article.

A

As I sit on Bangtao Beach in Thailand, watching the sun edge towards the horizon, I reflect on the incredible journey that has shaped my life over the past twelve years. From celebrating New Year's in Copacabana to swimming in Antarctica, I've been lucky to experience what once felt out of reach. From speaking on stages all over the planet to purposefully getting lost in the temple district of Kyoto, I feel grateful for my nomadic life. When Tim Ferriss said, "Reality is negotiable. All rules can be bent or broken..." I thought I understood it. Now, I know just how profound that statement is.

I often wonder what my life would look like if I hadn't taken that leap of faith—if I hadn't burned the bridges, made things happen and pursued my dreams.

What many people don't realize is that this way of living isn't reserved for a select few. In fact, I truly believe that anyone can design their dream life with obsession and a willingness to pay the price. Everything in life comes with its own opportunity costs; it's vital to be deliberate about where you invest your time and energy. Running a multi-million-dollar company sounds great, until you consider the stress of building that empire. Winning sporting events or competing in extreme physical pursuits sounds like fun, until you consider the thousands of hours spent training. Adventure travel sounds exhilarating until you're far from your loved ones and knee-deep in chaos.

Sadly, most people sleepwalk through life, rarely reflecting on their true desires or aspirations. The hard truth is that without clarity—your North Star—you can't chart the course of your dream life. We often spend hours scrolling through social media or binge-watching shows, yet we procrastinate when it comes to envisioning the future that we really want. The good news? You can create your dream life, whether that means going fully nomadic or simply relocating to pursue a passion project.

However you define your dream life, never forget that there are countless people out there already living

it, which means that it is possible for you to achieve, no matter your background or past experiences.

When people comment that it must have been easy for me, I just smile. The truth is that I didn't start off from a place of privilege. Growing up in post-communist Poland, I spoke only Polish and battled self-doubt and anxiety. As a mixed-race kid—my mom from Poland, my dad from British Guyana—I stood out. Back then, post-Soviet countries weren't exactly open-minded. I was constantly reminded that I didn't belong. I carried so many limiting beliefs. I had dreams and desires, but deep down, I didn't believe they were possible. Most of the time, they felt more like illusions than anything real. But through determination, I transformed my life.

Now, I want to share the key lessons that helped an ordinary kid build an extraordinary life.



JIMMY'S HANDBOOK FOR SUCCESS

1 DROP THE YOU VS. THEM GAME

Social comparison is wired into our DNA. Humans have always compared themselves to others to gauge their standing in a society, as it was crucial for survival. But compulsive comparison is a huge confidence and self-esteem killer. Why? Because the game is rigged against you. You are essentially comparing your internal struggles, self-doubts, insecurities, and failures to someone else's carefully curated external image. After all, you are fully aware of your own demons, but when you look at other people, you don't see all the traumas, fears, failures, or insecurities. You only see their polished facade.

I've explored ninety countries and met people from all walks of life—from slum residents and war survivors to public figures and billionaires. The truth is, everyone struggles. Consciously reminding yourself of this fundamental truth will help you to avoid the victim mentality.

Instead, start measuring your progress against your past self. Now, here's a weird question—do you shower and brush your teeth daily? I assume the answer is yes. But when was the last time you took a *confidence* shower and proactively worked on your mental health? It should be equally, if not more, important than personal hygiene. This is why I encourage you to take a daily confidence shower. No water or soap required. Just grab a pen or open your laptop, and create a list of things that you appreciate about yourself. Think about what you are proud of, your positive character traits, and your actions that are proof that you are a good person.

This simple habit becomes your personal highlight reel. On tough days, it pulls you out of the victim mindset and reminds you of who you really are. Remember—your brain is wired to spot danger, not truth. So every time you take a confidence shower, you're rewiring that setting. And the best part? It's nearly impossible not to feel more confident when you do it.





2

REALIZE THAT REJECTION IS AN ILLUSION

Rejection is something that we all struggle with—it's hardwired into our biology. As humans, we are tribal by nature. Thousands of years ago, being rejected by your tribe didn't just hurt your feelings—it could literally mean certain death. Isolation meant vulnerability. Vulnerability meant predators, starvation, and no protection.

However, rejection is an illusion. Why? Because the only way someone can truly reject you is if they actually know who you are at your core. But let's be real—most people don't. They're reacting to surface-level stuff: how you look, what you do, maybe a few random details. The data is incomplete. So what feels like rejection is often just misinformed perception—and perception is not reality.

One morning, I shaved my head as an experiment. Walking around the beach shirtless, with tattoos, I noticed how most people judged me and reacted to me. Some definitely saw me as intimidating, maybe even dangerous, and I could tell they didn't want to make eye contact with me. That's a kind of rejection. But a few hours later that very same day, I was speaking on stage at a major event in a bespoke suit and glasses. The narrative flipped completely, and I was enveloped in praise and applause. Different packaging, same person. In the morning, I was rejected, in the afternoon, I was celebrated. It was a powerful reminder that rejection isn't about your worth, it's about someone else's unique lens of perspective.

3

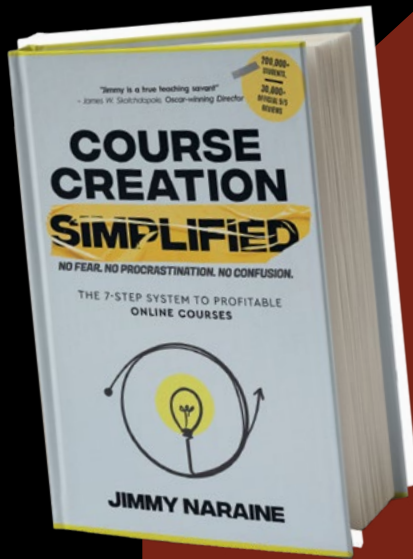
SEE MONEY AS A RENEWABLE RESOURCE, SEE TIME AS PRECIOUS

We've got it all backwards. We glorify money while forgetting that, unlike time, it is totally renewable. I encourage you to flip things around and be willing to instead “waste” small amounts of money to reclaim time, energy, and freedom.

Naturally, this plays out differently depending on where you are in life. If you're already wealthy, it's easier to stop trading time for money and start using money as leverage. But even if you're struggling financially, this principle still applies. In fact, the moment you start valuing time over money, you begin unlocking the next level of your happiness. It all starts with making better, often counterintuitive, decisions.

Here are some scenarios for you to play with. Ask yourself: “Would this be a good use of my time?”

- Spending one hour getting a \$20 refund.
- While visiting somewhere, you are presented with a golden opportunity. However, instead of embracing it, you jump on the return train just because you already paid for the ticket.
- You keep small, pain-in-the-ass customers just because “any extra money is good.”
- You acknowledge haters by interacting with them.
- You spend hours looking for the best deal and eventually save fifty bucks on a plane ticket.



Based on my experience, a lot of people believe that those scenarios are perfectly reasonable. We often justify doing something to make or save money without realizing we're trading it for something far more valuable: time. And once it's gone, it's gone for good. I believe that sometimes we have to accept that incurring the sunk cost is simply an extra "tax" we pay for living our fullest and most authentic life.

So going back to the scenarios, here are some alternative choices to consider:

- Instead of wasting one hour to get a \$20 refund, it's often better to skip the refund and use that time productively.
- Instead of skipping a golden business opportunity for the sake of boarding that pre-paid train, miss the train. Embrace that opportunity.
- Instead of dealing with pain-in-the-ass customers, "fire" them. It will open up room for better ones.
- Instead of acknowledging the haters, spend that time with friends, family, clients—people that matter.
- Instead of always wasting time looking for the best deal, just pull the trigger. Yes, you may overpay \$50, but it will also save you countless hours of research.

Sometimes, it's worth "losing" a little money to reclaim your time and energy.



4 STOP HUSTLING, START MOVING THE NEEDLE

This is about cultivating the mindset of *intentionality* as opposed to busyness. Because busyness doesn't equal high performance.

Which of these two scenarios would generate more traction and meaningful results?

1. You woke up at 5 a.m., were working on your laptop non-stop all day, and went to sleep at 11 p.m. You barely had any breaks, but you've been "productive."
2. You spent the day on a boat networking with a cool community of like-minded people, having a good time and engaging in great conversations.

The answer is: we don't actually know without the full context. Both of them could be examples of high performance and productivity. Why? Because it's not just about how hard you work on your business, but about getting the right things done and moving the needle on it. Going to a festival, attending random entrepreneurial dinners where you don't know anyone, or joining an expedition might look unproductive on the surface. But what if that's where your biggest deals and boldest ideas end up coming from? Meanwhile, sitting in an office for 12 hours might seem productive, but if you're stuck in busywork, is it really getting you anywhere?

Working hard for the sake of it is like doing your best, trying to reach a certain destination, but doing it on a treadmill. Treadmills are great for working out, but not for going places. Hard work alone won't get you anywhere. It's a myth. Sure, it is important, but only when combined with intentionality and leverage.

You can chase clients one by one or build a series of videos that bring leads while you sleep, essentially cloning yourself. You can hit 20 random networking events filled with desperate energy, or hand-pick one, invite-only gathering where the room is full of winners. The trick is to engage in activities that drive significant progress in your life and business.

I believe you can bend reality to your will and do more in one day than in ten regular days—without working yourself to death. But you can only do it if you have the right mindset, identify what truly matters, and focus on it as if there's no tomorrow.



5 TAKE RESPONSIBILITY FOR EVERYTHING THAT HAPPENS TO YOU.

It's important to recognise that just because something isn't your fault doesn't mean that it isn't your responsibility to deal with it.

Say, you:

- Lose your biggest clients and are on the brink of financial collapse.
- Can't finish a project because you got sick.
- Found a little baby in front of your doorstep.

Objectively, none of this is your fault. In fact, most people would say, "This is not my fault, therefore it is not my responsibility." However, I've learned that taking ownership for *everything* that happens gives us more control. Suddenly, you no longer feel like a victim, and you reclaim your power. Moreover, in our businesses, when we take full responsibility for our team, it forces us to step up as leaders. And when a leader leads with complete ownership, others follow suit.



6

EMBRACE PURPOSEFUL PAIN



This is all about willingly going through appropriate hardships to toughen yourself up and reset your frame of reference. Let's face it—we are soft as a society. If you feel too hot, you blast the AC. If you feel too cold, you turn on the heating. Hungry? Apps can make food magically appear at your doorstep. Today, instant gratification is always a click away on social media, Netflix, porn, dating apps, you name it. The result? We're trading real fulfillment for easy dopamine and losing our mental edge in the process.

I firmly believe in the importance of embracing purposeful pain—not only to build resilience but also to fully appreciate pleasure. Most people run away from discomfort, and that's normal, because we're programmed to avoid it. But this idea of embracing purposeful pain is your way to stand out and lead by example, because there's a lot to be gained from it. Personally, I sometimes like to take it to the extreme. From plunging into very long ice baths and trekking solo up dangerous mountains to doing multi-day fasts. Then there are my extreme races such as Ironman, Oceanman, and Spartan, and even going offline for weeks at a time, which nowadays is a huge feat in and of itself. Because when I say “embrace purposeful pain,” I'm talking about more than just causing yourself physical pain by, say, overdoing it at the gym—I'm talking about *pushing your comfort zone*.

I encourage you to start small and gradually build up your relationship with discomfort. It could be as simple as cutting out added sugar or committing to only using stairs. You could also leverage an app-blocking software to dramatically limit your time on social media or do a 24-hour fast once a week to regain your appreciation for food.

When you purposely put yourself outside of your comfort zone, that is where the magic happens. No matter what we do, we will experience different types of pain in life. It's a fact. Therefore, we must proactively work on our resilience by all means necessary.

As I finish up this article, still sitting on Bangtao Beach, the sun is just going down. It's one of those sunsets that paint the sky and inspire you to look up from your screen. As I do, I'm reminded of one truth: our life is a canvas, and we hold the brush. The lessons I've learned over twelve years of relentless growth have shaped not just my journey but also my understanding of what it means to live fully and authentically.

You don't need luck, privilege, or anyone's permission to build a life you love. Nobody's coming to hand you the life you want. It's on you. And the world is waiting for you to step into your power and take responsibility for your own future. My advice?

Do it now. And do it with intention. ■

BUENOS AIRES

Lera Pitiakova

A CITY THAT
MOVES
WITH YOU

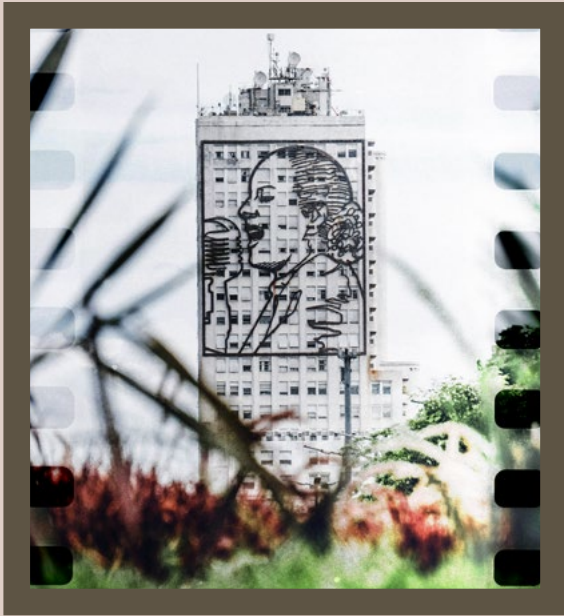


One new connection can shift your path entirely. Nomads know this better than anyone. Our plans are made in pencil, not ink, because a single conversation can send us somewhere unexpected. That's exactly how I ended up in Buenos Aires.

At the Running Remote conference in April 2024, I met a man named Mauro Alejo Guevara. He was there representing a nomad program called NomadsBA (Buenos Aires). Their booth was just across from mine, and after a quick chat, I realized he wasn't just pitching a city that I should visit—he was offering me access to a whole nomadic community in Buenos Aires. Five months later, my flight landed there, and I was ready to see if the city lived up to the increasing buzz I'd been hearing in nomad circles.

NomadsBA, powered by Visit Buenos Aires, has been working behind the scenes to position the city as a top destination for remote workers. And, from the steady stream of familiar faces passing through, it's working. Yet, despite being a digital nomad for a decade, I'd never felt the pull to visit before now. Another big city, another urban sprawl—what could be so different? Everything, it turns out.



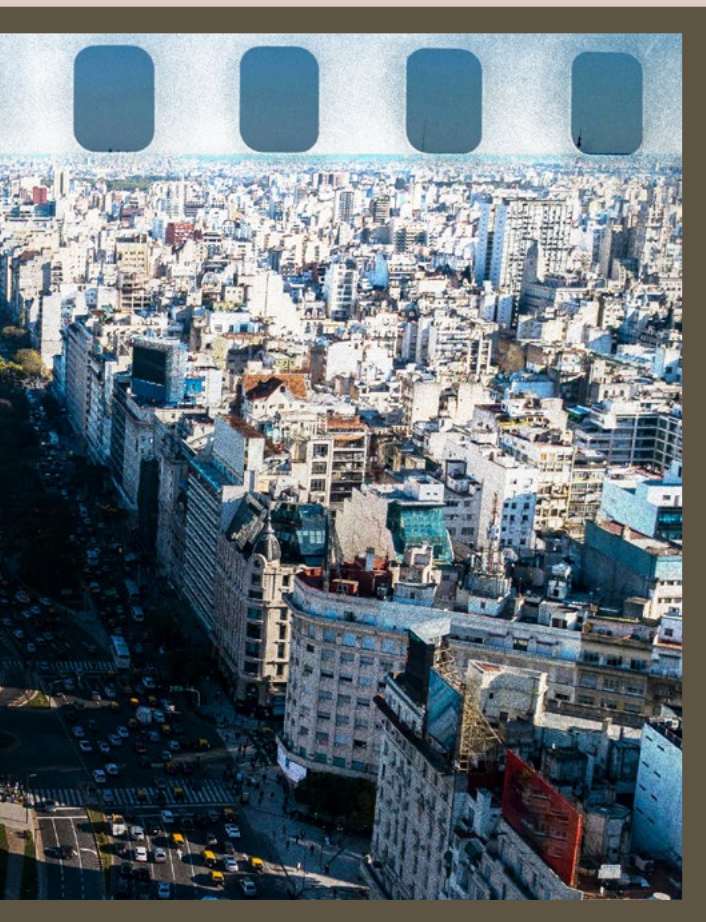


A CITY THAT MOVES TO YOUR RHYTHM

Buenos Aires is not just a place; it's a feeling. Nora, a travel blogger @noratheexplorahh I met there, described it best: "the city sees your vibe and mirrors it back to you." And I couldn't agree more. You come here, and BA syncs to your rhythm—whether that's slow mornings with café con leche, deep-dive creative workdays, or late-night adventures stretching into the sunrise.

“BUENOS AIRES HAS AN ENERGY THAT’S, IN SPANISH, ‘ÚNICO’—SO UNIQUE, SO SPECIAL.”

Kristen Vieira

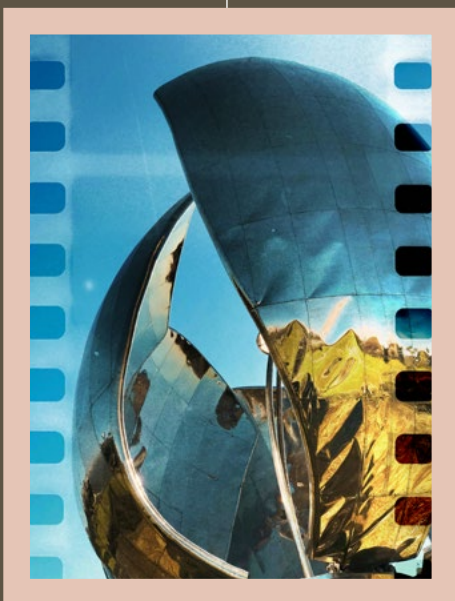


And then, there's the people. "You see everybody kissing each other on the cheek, they're hugging, they're talking, touching—it's a very affectionate culture," Kristen Vieira shared, a remote career coach based in Buenos Aires. There's an openness there, a warmth that makes it easy to feel at home.

"For me, Buenos Aires symbolizes freedom. I feel like I can just be who I want to be," said Sarah Bano-ma, @ba.noma, a famous blogger and influencer living in Buenos Aires.

Buenos Aires is a city of contrasts. Some areas feel like slices of Europe—Parisian-style architecture, leafy boulevards, a café culture that invites you to linger. Other parts pulse with raw Latin American energy, where street art, tango, and an anything-goes attitude spill onto the streets. The economy is chaotic, and prices fluctuate daily, but instead of crumbling under uncertainty, Porteños (locals) move with it, adapting with resilience and humor.

The economy is chaotic, prices fluctuate daily, but instead of crumbling under uncertainty, Porteños (locals) move with it, adapting with resilience and humor.



LIVING WELL FOR LESS

One of the biggest draws for digital nomads is that Buenos Aires offers an incredibly high quality of life at a fraction of the cost you'd pay elsewhere. Thanks to Argentina's currency fluctuations, those earning in euros or dollars can afford a lifestyle that would be out of reach in most major cities in the US or Europe. You can rent an apartment in trendy Palermo, eat at high-end restaurants, sip Malbec at rooftop bars—all without burning through your budget.

But navigating the financial landscape requires some street smarts. Bring USD in cash or use a foreign credit card that applies the 'dólar MEP' rate to avoid losing money on bad conversions. And yes, it's true—Western Union is actually a legit way to get cash here at a solid exchange rate (something I never thought I'd say).

Argentina's economic instability has shaped a unique way of life. Planning more than a few months ahead feels like a luxury, which is why so many locals are experts at making the most of the present. If you've ever struggled with the idea of "living in the moment," this is the place to learn how.



“AS FOREIGNERS, WE CAN ACTUALLY HELP THE ARGENTINIAN ECONOMY BY BRINGING IN US DOLLARS, WHILE ALSO BENEFITTING FROM A HIGHER EXCHANGE RATE.”

Johnny FD, YouTube vlogger @JohnnyFD

Still, Buenos Aires is not just about affordability—it’s about value. You get a level of culture, gastronomy, and lifestyle experiences here that far exceed expectations. It’s not just cheap; it’s rich in a way that makes you want to stay.

WHERE NOMADS WORK & CONNECT

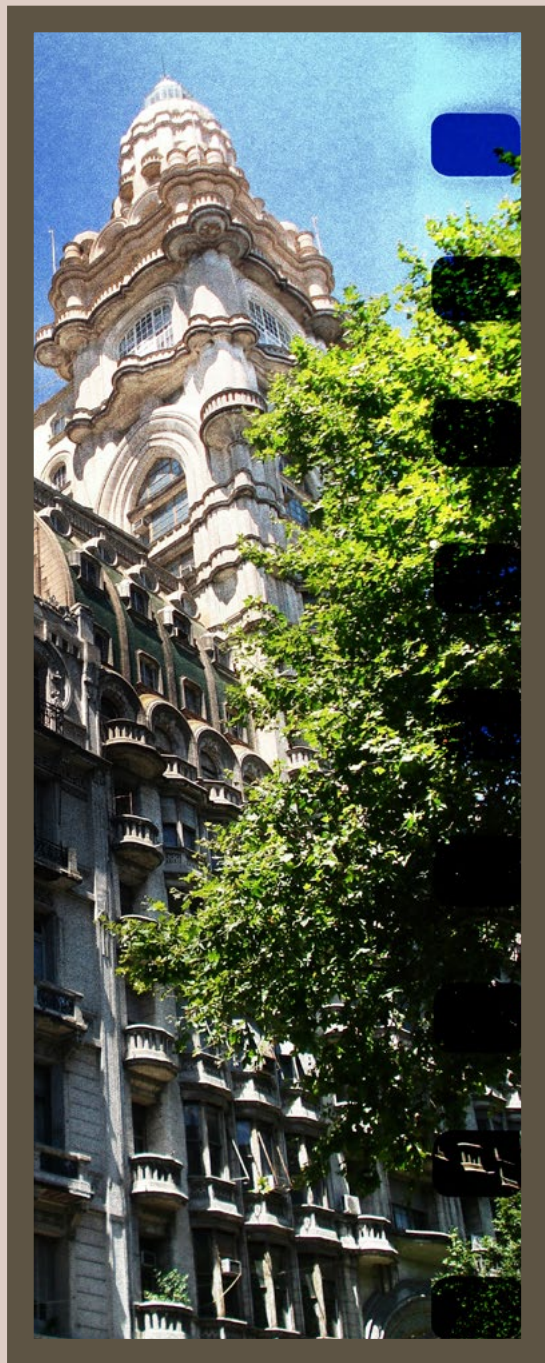
Finding a place to work is never an issue in Buenos Aires, with its thriving café culture that blends seamlessly with remote work life. You’ll see locals spending hours in cafés, chatting, reading, or—more recently—working on laptops. Some of my favorite spots included Nela Café & Art, a cozy space transformed by a snowboard-loving creative, and Lab Tostadores de Café, a caffeine-fueled haven for deep work sessions.

Coworking spaces are also abundant. La Maquinita is a local favorite with a strong community vibe, while WeWork offers sleek, professional spaces with panoramic city views. If you prefer something a little more creative, Huerta Coworking has a beautiful, artsy feel that attracts freelancers and entrepreneurs alike.

Beyond workspaces, Buenos Aires has a growing number of digital nomad communities. Facebook and WhatsApp groups are filled with weekly meetups, skill-sharing sessions, and casual get-togethers. BA Colectivo, for example, is an initiative focused on connecting nomads with locals, offering the perfect blend of networking and cultural immersion.

“LA BOMBA DE TIEMPO HAS BEEN GOING FOR 18 YEARS, AND THEY STILL HAVE FIRE IN THEIR BLOOD!”

Nora, travel blogger



CLASSIC NIGHT OUT ITINERARY, BUENOS AIRES:

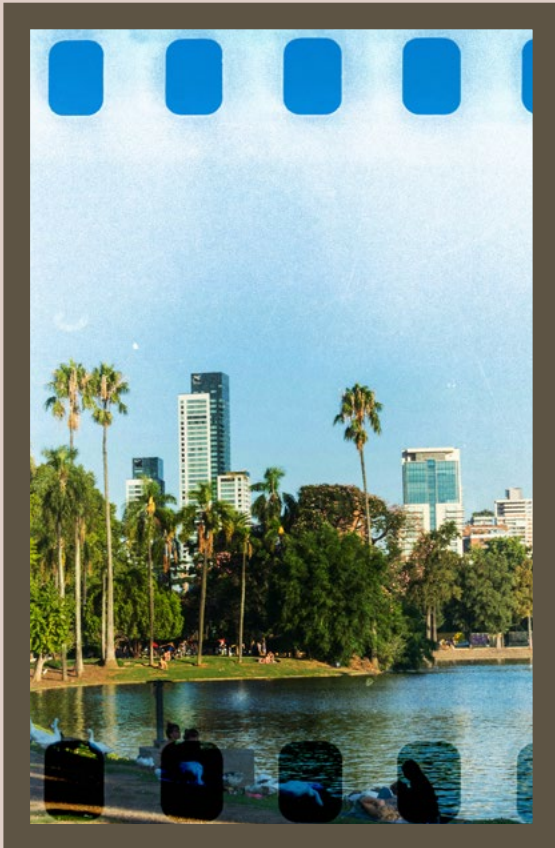
Start at Tango Porteño, an immersive tango show paired with dinner. Then head to Boliche del Roberto, a small, historic bar where locals sing traditional Argentine folk songs until the early hours. If jazz is more your scene, head to Thelonious Club or Notorious.

This city has a way of drawing you in—strangers become friends over a bottle of wine, and goodbyes often turn into “see you later.”

BEYOND THE CITY LIMITS: WHERE TO GO NEXT

When you need a break from the urban buzz, Argentina delivers. In just a few hours, you can swap city streets for mountain trails, vineyards, or waterfalls. Mendoza’s wine country, Patagonia’s glaciers, and Iguazú’s jaw-dropping falls are all within reach. Nearby towns like Tigre and San Antonio de Areco offer a slower pace, perfect for weekend resets.

If you want to explore another nomad-friendly city in Argentina, Córdoba is gaining traction too. With a large student population, affordable rent, and proximity to the Sierras, it offers a solid alternative to Buenos Aires for those who prefer a smaller city vibe.



Best Neighborhoods to Live

Palermo Soho, Palermo
Hollywood, Recoleta, San Telmo,
Villa Crespo



Cafés to Work From

Nela Café & Art, Full City Coffee
House, Lab Tostadores de Café



Coworking Spaces

La Maquinita, Huerta, WeWork



Must-See Experiences

La Bomba de Tiempo, Tango
Porteño, San Telmo Market



Getting Around

Walking, subway, buses, Uber,
Cabify, city bikes



Money Tips

Bring USD in cash or an
international Visa/MasterCard
for better rates

Watch: Why Digital
Nomads Are Choosing
Buenos Aires



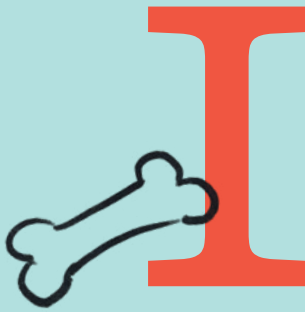
Buenos Aires is more than just a stop on a nomad's itinerary—it's a city that leaves its mark. For those of you looking for more than just another destination, Buenos Aires isn't just a place to visit—it's a place to belong! ■

Jessica Holmes

From Policing to Pets:



The Housesitting Nomad



It's been almost three years since I quit my "career," did a full 180, and became a digital nomad. But it feels like only yesterday I was investigating murders in the British police force.

This is my story. How I went from a settled, career-driven woman to where I am today: house and pet-sitting my way around the world as a digital nomad.

It started a little like all fairytales...*Many years ago, in a kingdom far, far away, a princess fell in love with a prince...* Just kidding. Sort of.

Some years ago I fell in love with a man who loved the idea of travel and adventure as much as I did. We were young, with no sturdy careers just yet, and we decided to save up all the money we could to go backpacking for two years around the world. If you want to test your relationship — go backpacking together! On that trip, our love came alive and our relationship grew stronger. We soaked up as much culture, sights, and experiences as possible, and we loved every second of it.

On our return to the UK, we were excited to see our friends and family and shortly after settling back in, we both attained career-type jobs—my husband, then boyfriend, in accounting and me in the police. Our time was filled with social events, parties, and hiking, and before we knew it we'd been home for 18 months.

We bought our first property—a small house in our hometown—which we loved, and spent many months creating a garden paradise, redecorating the interior, and designing our dream space. Six months after we moved in, the pandemic struck, and we were safely ensconced in our home. As a key worker, my job continued 'in person,' with days out on inquiries. In 2020 I worked in policing alcohol licenses (you can imagine how fun it was to be on patrol when bars reopened in the UK) and then I went on to join the fraud investigations department. In 2022, I moved up into the big leagues: the Major Crime Team.

For the time we were at home, both my husband and I were extremely happy with our life. However...

The pandemic left us with lots of time on our hands. Time that we filled with revisiting our wanderlust. We dusted off our memory box and looked at all our travel postcards, ticket stubs, and memorabilia from our backpacking trip. We longed for those days with a deep yearning, and secretly, only to each other, expressed the desire to travel again.

Over the lockdown months, we made lists of places we'd like to travel to, reading countless travel magazines and travel blogs. We came up with grand plans and exciting possibilities for travel. We bought so many Lonely Planet guidebooks I thought our shelves would fall down.

Through the pandemic, like everyone did, we missed our freedom a lot. That's why, when restrictions were eased, we started doing house and pet sitting around the UK. This is when someone goes away on holiday and a sitter looks after their home and pets. We looked at it like a "free" weekend away and used it to explore places within the country that we'd overlooked in the past, as well as spending time with animals. Housesitting gave us a new lease of life and a taste of freedom again.

And then, the pandemic ended. Back we went to our routine, making plans with our friends and family, eating out at the same places in our city, and enjoying our careers. We looked the same from the outside, and people around us wouldn't have noticed a difference. But deep inside us both, there was now a fire burning. Dipping our toes back into the possibilities of travel had reignited our passion and wanderlust.

After a few months of trying to work out how we could travel again but in a more "grown up" way, my husband secured a remote job in accountancy. We both knew this was the time we should think about traveling again. I agonized for a few months over the decision that I knew I had to make.

**"IT'S ALMOST LIKE
AIRBNB BUT WITH PETS.
AND, YOU'RE NOT PAYING
TO STAY THERE."**





In my dream world, I'd be able to investigate major crimes such as sudden death and murder from overseas, but I knew deep down that it wouldn't be possible! So, I'd have to quit my job if I wanted to prioritize travel.

Once I'd kick-started my writing career, and both of us were working remotely, all we'd really need would be an internet connection and we could work from anywhere. We'd read lots in our travel research about digital nomads and we knew that coworking and coliving spaces were on the rise which would complement our new situation.

Whilst researching the best way to travel as digital nomads, we discussed backpacking, renting abroad for short periods, or trying out van life, but none of it felt right. And then, it hit us. We'd been doing house-sitting on weekends for a few months on and off, but why not try to do it full-time?

The company we were using, Trusted Housesitters, offered opportunities to house sit way beyond the UK. From South America to Asia and Africa, we realized that house and pet sitting could be the answer to our prayers.

And it was. We'd never heard of people doing house-sitting full time but we decided we could give it a go, and in 2022 we rented our house out and sold all of our possessions. We stayed at each sit for around a month and found that was a good amount of time to get to know the area, bond with the pets and settle in, but enough moving around for us to feel nomadic again.

It's been three years and counting, and we've house-sat all over the world. From London to Amsterdam, Vienna to Oslo, and more recently, from Nairobi to Cape Town, we've never stopped. Our life feels much richer from the interactions with animals, prioritizing wellbeing and going slower.

HOW TO START HOUSE AND PET SITTING

There are lots of options for house and pet sitting out there such as Nomador and HouseSitMatch, but we find the Trusted Housesitters app to be the best. It costs around 150 dollars a year to sign up, but it's saved us thousands of dollars in rent! On this platform, homeowners with pets are matched with sitters through an application process and the entire exchange is trust-based.

It's also very user-friendly, with filters which are great for nomads such as 'High-speed wi-fi,' and 'Accessible by public transport.' With our premium membership through this site, we also get some perks such as two free airport lounge passes each year, and they will cover the cost of paid accommodation should you be let down for a sit within 12 days prior to your arrival date.



"OUR LIFE FEELS MUCH RICHER FROM THE INTERACTIONS WITH ANIMALS, PRIORITIZING WELLBEING AND GOING SLOWER."



You can get paid to do house and pet sitting through sites such as Rover but we've always enjoyed doing it as a trust exchange as we both work full time remotely too. The homeowner also benefits from free pet care and home security, so it's win-win!

HOUSE AND PET SITTING TOP TIPS

There are many things to consider before embarking on a housesitting lifestyle as a digital nomad. The tips you're about to learn have been hard-earned along the way!

First of all, you must be picky. Do not settle for just any housesit (unless you are starting out and trying to get a good amount of reviews built up on your profile). As a digital nomad, you will be working whilst there, so you want to make sure you don't commit to housesits with too many responsibilities. For example, don't take on looking after eight dogs if you're working full-time hours! The amount of tasks generally increases along with the number of pets to care for. There may also be other chores such as gardening and maintenance so be sure to read the profile fully before you apply.

As I mentioned, we find longer sits much more viable for our nomad lifestyle, and most of you who are working alongside your travels will probably feel the same. You can filter by sit length to find the best housesits for you.

Another thing to consider is the location of the housesit. It's one thing to imagine yourself caring for a cat in Japan, but keep in mind the procedures such as visa applications, vaccinations required, and language barriers.

Of course, the biggest thing us nomads think about is wi-fi and connectivity speeds. A lot of housesits are rural, and many have only basic internet facilities. Sometimes the listing will discuss wi-fi, but if not, make sure you ask the homeowner — they will be understanding of your needs as a sitter. If we are concerned, we ask them to run an internet speed test and send us the results so we can make an informed decision on whether this will hinder our work productivity.

You can also research coworking spaces nearby if you'd prefer to interact with others, and if the pet(s) you are caring for can be left alone. We also have our own internet dongle, a GlocalMe Duoturbo Mobile Wi-fi 4G router, that we carry with us as a backup.

There are highs and lows to any lifestyle, and that of a housesitting-nomad is no different, but we have found it works very well for us. We get to live nomadically, continue our online work, care for animals, explore different areas, and save up money. This is a low cost way of traveling due to the fact that we're only spending around 150 dollars a year on accommodation by housesitting.

It's almost like Airbnb but with pets. And, you're not paying to stay there.

Sound good? I thought so. ■

A stunning winter
sunset view from
Signal Hill.

CAPE

Simon Watson

TOWN



**COME WITH US AS
WE TOUCH DOWN
IN SOUTH AFRICA
FOR A SHOT OF
ENERGY AND
GOOD VIBES.**







CAPE TOWN IS BURSTING AT THE SEAMS WITH MOUNTAINS, BEACHES, CULTURAL EVENTS AND WORLD-RENOWNED CUISINE AND VINEYARDS—IT WOULD IMPRESS EVEN THE MOST EXACTING INDIVIDUALS. IF THIS CITY DID A PERSONALITY TEST THE RESULTS WOULD SCREAM “PEOPLE-PLEASER”.

NOMADS ARE DRAWN IN BY THE OUTDOORSY LIFESTYLE, PARTY SCENE, AND SIDEWALKS LITTERED WITH COWORKING SPOTS AND CUTE CAFES. WITH A NEW ANNUAL DN EVENT, NOMAD WEEK, AND VARIOUS NETWORKS, SUCH AS BUMBUNTU, NOMADS HAVE FOUND PARADISE HERE.





**TIME SPENT IN THIS HAVEN
NOURISHES AND REVITALIZES THE
SOUL. YOU MAY COME HERE FOR THE
SCENERY, WEATHER OR WILDLIFE, BUT
YOU'LL STAY FOR THE COMMUNITY.**



N:M

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YOU'RE NOT A GENIUS (YET):

HOW TO START AN ONLINE BUSINESS TODAY



MARTIN DONADIEU

By building his own SaaS (Software as a Service) Capgo.app, Martin Donadieu has carved out a name for himself as a successful entrepreneur. When he's not growing his business, he's behind the mic hosting his podcast, sharing insights on tech, startups, and everything in between. Here's Martin's advice on how to build your own entrepreneurial empire... with a bit of tough love.

Let's be honest: your idea probably isn't that special.

That doesn't mean you shouldn't build it. It just means you need to stop obsessing over logos, color palettes, and "disrupting the industry," and start solving a single, real problem for one person. That's where every solid business begins — not with vision boards, but with irritation.

You don't need a cofounder. You don't need funding. And

you definitely don't need to code. You need a working landing page, a way to talk to your users, and a tool that fixes *something*. The rest? You can automate, or outsource.

Today, you can build almost anything solo—with a handful of tools, a scrappy mindset, and a willingness to be wrong (a lot). The hard part isn't technology. It's clarity on where to begin.

So here's your unofficial startup starter pack: containing the latest

trends and the best tools, mindsets, and AI-powered helpers that new entrepreneurs are using to launch, validate, and grow something real.

1. LEVERAGE AI AGENTS

Forget ChatGPT just answering your questions — there's a new wave of AI agents that are actually *doing the work* for you.

The biggest shift right now is moving from AI as a *tool* to AI as a *worker* — aka, agents. These

are automations or bots that complete entire workflows with minimal human input. And to create a mega-successful startup, you want to be employing them. Here's a taster of what they're currently up to:

- Writing + publishing SEO blog posts
- Extracting clips from podcasts and posting to social media
- Repurposing content across multiple platforms

You can buy purpose-built agents like these, or build your own using tools like “n8n” or “Make” — powerful no-code automation platforms that let you string multiple tasks together with logic, loops, and even AI-powered code snippets. For example, an agent that scrapes product reviews, rewrites them into tweets, and posts them daily.

It's not just about replacing tasks — it's about removing yourself from the busywork.

* **Tools mentioned:** seobotai.com, Revid.ai, n8n.io and Make.com

2. AI-POWERED SAAS BUILDING

For those of you unaware of the term SaaS, a SaaS platform is cloud-based software that users access online through a subscription, without needing to install or maintain it themselves. SaaS stands for Software as a Service. This is the foundation of any online business. And instead of hiring developers, entrepreneurs now use AI to build full SaaS products.

- Tools like Bold.new, Lovable.dev, and V0 (by Vercel) allow users to build websites, apps, and components using simple prompts.
- AI is now *capable of design*, not just code — V0 is a standout for generating beautiful UI instantly.

* **Trend Insight:** AI has crossed the line from “clunky code generator” to actual product builder.

I would recommend a course at CodeFast.com that teaches only what's necessary to start making your own product using AI.

3. START SIMPLE AND MAINTAIN A MINIMALIST WEBSITE

These days, people are ditching complicated website builders. Founders care more about launching fast than making everything perfect. And so should you. So drop the perfectionism and get yourself a website. The earlier the better.

Here are some easy tools that will help you get started quickly and cheaply:

- **Carrd.co** — super simple for making one-page websites
- **Framer.com** — great for designers who want flexibility
- **Ghost.org**, **Beehiiv.com**, **Feather.so** — ideal for writing content and sending newsletters
- **Webflow.com** — more advanced but still faster than coding from scratch

* **Want human help?** I recommend Curves.Digital that created the flawless website for NGM and NomadSummit, and is a certified WebFlow partner.

4. START AN EMAIL LIST (POST-MAILCHIMP ERA)

Email remains essential in marketing your product, but Mailchimp is being phased out for lighter, smarter tools:

- **Bentonow.com** — great automations, clean UI
- **Feather.so** — write blog posts in Notion, auto-email your list

• **Ghost.org / Beehiiv.com** — combo blog + newsletter platforms

* **Trend Insight:** Integrated publishing and email tools that reduce friction and increase consistency.

5. SKIP THE SOCIAL MEDIA MANAGER (IF YOU WANT TO)

AI content generation is evolving beyond text — now into realistic images, social posts, and audio.

- **PhotoAI.com** — generate your own branded images for social
- **Gemini (Google)** — advanced image + thumbnail creation
- **PodSqueeze.com** — turn podcasts into tweets, LinkedIn posts, summaries
- **ElevenLabs.io** — top-tier voice/audio AI
- **Aigen.io** — create short-form videos of yourself talking without recording

* **Takeaway:** You no longer have to pay big bucks for a designer/social media manager if you don't want to.

FINAL THOUGHTS: YOU'RE NOT A GENIUS (YET)—BUT YOU'RE CLOSER THAN YOU THINK

The truth is, you don't need to be a tech wizard, a design prodigy, or a Silicon Valley insider to start an online business today. You just need the courage to start small, the discipline to keep going, and the humility to learn as you build.

The tools are smarter. The barriers are lower. And the excuses? They're running out.

So stop waiting for the perfect moment or the million-dollar idea. Launch that landing page. Build that MVP. Write that first email. You'll learn more from doing than from dreaming. ■

TAX STRATEGY

For Digital Nomads and Global Entrepreneurs

**LEARN HOW TO BUILD A TAX-EFFICIENT
BUSINESS STRUCTURE AND KEEP MORE OF
YOUR HARD-EARNED MONEY.**



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IS IT GOOD
TIMING TO
BECOME
A VIRTUAL
ASSISTANT
with the
Rise of
AI?

Being a virtual assistant (VA) is one of the best occupations to have as a remote worker. You can work entirely online from anywhere in the world where there's an internet connection. This is exactly what I do – I have traveled to several countries and taken my work with me via my trusty laptop.

TOKS COYLE



However, there's a growing elephant in the room that we need to address – artificial intelligence (AI). The past couple of years have seen the introduction and explosion of various AI tools. So you may be wondering whether AI is coming to take our computer-based jobs, or whether AI and VAs are a match made in heaven.

AI'S GROWING SHADOW

AI can now carry out these tasks that were traditionally performed by human VAs and other professionals, either fully or partially:

- Diary management
- Email management
- Data entry
- Customer service
- Research
- Social media management
- Transcription
- Translation

Forbes surveyed American business owners to research the ways they are using AI. It found that the most popular business use of AI is in customer service, with 56% of respondents voting for this. Not far behind, just over half of businesses (51%) use AI for cybersecurity and fraud management, and a little under half (47%) use digital personal assistants.

This same Forbes survey also asked respondents what internal processes they use AI to improve, the top answer being for production processes (53%). In close second and third place respectively, are SEO tasks (such as keyword research) at 52% and process automation at 51%. Other uses include international communications, plans, presentations, and reports (46%), aggregating business data (40%), generating ideas (38%), and writing website copy (29%).

THE HUMAN ADVANTAGE

As much as it comes with a lot of benefits for its users, AI is certainly not without its criticism. There's been some backlash against the ethics of using AI over hiring and paying real humans.

Plus, the quality of AI-generated work can be questionable, and you can often tell if a piece of content has been created using AI. For example, AI-generated text often overuses certain words and phrases, so a human will often still have to make edits to get it in the right tone of voice, as well as fact-check it and ensure that they're not accidentally infringing any copyright.

Then some people are averse to adopting new technologies and are content with what they're already doing. I have worked with clients who are not tech-savvy and therefore not very comfortable or interested in trying to work with AI themselves. They perhaps wouldn't even know where to start, never mind how to get the best out of it. Therefore, they'll still need to work with a human VA no matter what.

In this digital age, many clients still appreciate collaborating with real people, whether remotely or even in person. Human relationships form a large part of many people's work lives, such as coworking, networking, teamwork, and meetings, and cannot easily be replaced by AI.

WORK WHERE HUMAN VAS EXCEL OVER AI:

- ▶ **Strategic thinking and problem-solving** using human intuition and experience, where AI struggles beyond just analyzing data.
- ▶ **Building and maintaining relationships** needs authentic human connection to build trust and rapport with clients and colleagues.
- ▶ **Crisis management** needs the human skills of quick thinking, emotional intelligence, and adaptability to deal with unexpected challenges.
- ▶ **Creative work** such as copywriting, content creation, and graphic design, need the creativity, attention to detail, and authenticity that AI can lack.
- ▶ **Project management** requires overseeing by a skilled human who can appropriately manage teams and prioritize tasks.
- ▶ **Executive assistance** is still best carried out by humans, as it requires discretion, the ability to anticipate needs, and working on confidential tasks.
- ▶ **Personal assistance** requires a deep understanding of personal needs and preferences for tasks such as arranging travel, event planning, and home management.

THE FUTURE OF THE VA - COLLABORATION IS KEY

A VA's main purpose is to save our clients time so that they can focus their energy on their core work. So we handle their admin, but we can still make use of AI to save us time and labor on the tasks we're doing. Clients can get the best of both worlds by using both VAs and AI together. A faster and highly skilled tech-savvy assistant who can effectively use AI, can therefore demand more pay and potentially earn a lucrative income.

We've no problem using certain tech to make our lives quicker and easier, such as emails and cars. However, these things can't operate by themselves – they still need a person in the driving seat (sometimes literally!). This is the same with using AI, which is often not any good all by itself.

It's recommended that VAs choose a niche, whether it's the type of customers you work with or the services that you offer. Your niche could either incorporate AI to make your work better, faster, and more efficient, or it could be a niche that AI can't currently touch, or a combination.

BECOMING A VA IN THE AGE OF AI

There are lots of great resources and courses out there on how to become a VA. Do your research to see which best fits your skills, interests, budget, and home country. It also can be a good idea to get a mentor – somebody who has been in the industry longer than you, who can pass on their knowledge, connections, and personalized advice.

Don't shortchange yourself by undercharging, because you'll lose money as you get quicker at your work, especially if you're incorporating AI to speed it up. It may be worth considering moving away from hourly pricing and charging by the project instead – so that the time you spend doing the work matters less than the actual results that you're producing for your clients.

Make sure you're keeping up with all the latest trends in the VA and online business world by subscribing to publications, keeping an eye on discussions happening online, and upskilling yourself by taking relevant courses.



BUILDING AND MAINTAINING RELATIONSHIPS NEEDS AUTHENTIC HUMAN CONNECTION TO BUILD TRUST AND RAPPORT.



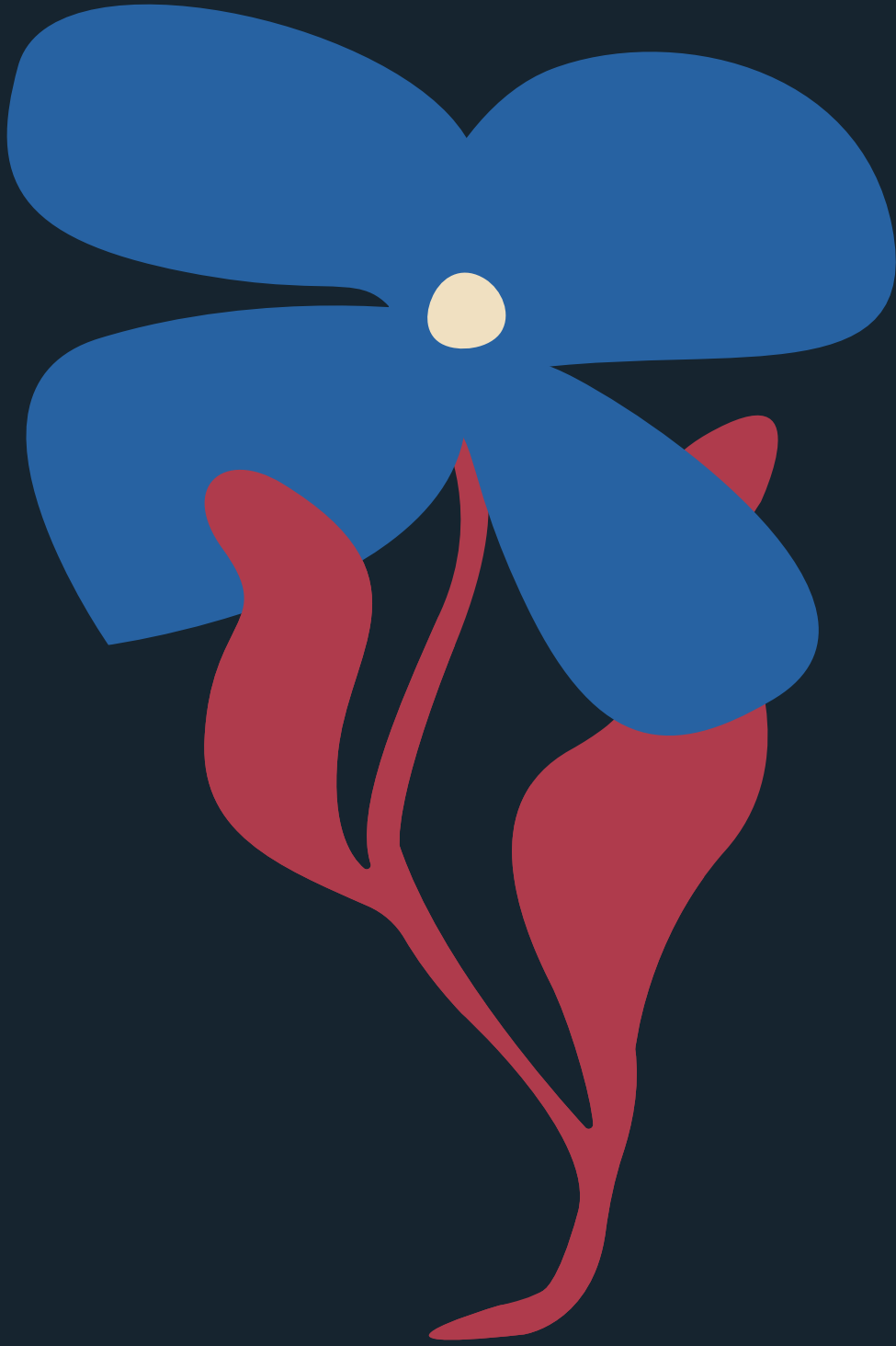
IF SOMEONE WANTS TO USE AI OVER YOUR HUMAN EXPERTISE, THEN ARE THEY YOUR IDEAL CLIENT?

SO, IS IT A GOOD TIME TO BE A VIRTUAL ASSISTANT?

Personally, I'd say yes – in fact, there's never been a better time to be a virtual assistant! The speed at which we are relying on the internet means that many businesses and organizations need the expertise of highly skilled VAs to keep up with their ever-moving operations.

At the end of the day, if someone wants to use AI over your human expertise, then are they your ideal client? It's like trying to rival VAs charging much lower rates – as a UK-based VA, I cannot compete on price with VAs from the Philippines and other countries with lower living costs. I simply stay in my lane, and I'm still fully booked, as I've managed to gain and retain many clients because of the client experience and value that I deliver.

Will AI one day completely take over the profession and leave all human VAs redundant? I can't answer that – none of us can see into the future. The industry and world could well look very different in another 5 years' time. All I can advise is to remain vigilant and keep adapting. Learn to use AI to your advantage and pivot where needed. You've got this! ■



COMBATTING
LONELINESS
AS A NOMAD
THE SCIENCE OF SOCIAL WELLBEING

Science tells us that our most intimate relationships have the biggest impact on our health and happiness. But what about us nomads? A lot of our relationships tend to be long-distance half of the time, and fleeting for the rest. Loneliness in small doses is part of living a solo, nomadic life, but we shouldn't let it take over. In this article, we'll explore loneliness and how to dodge it on the road.

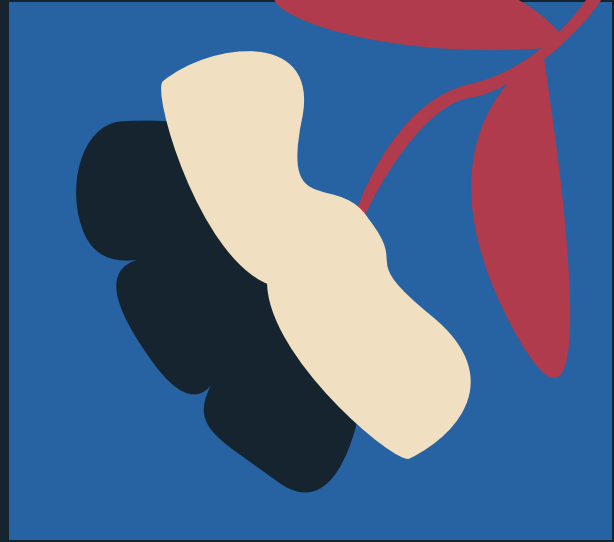
SHELLEY DOYLE

Illustrations by Tiago Araujo

UNDERSTANDING LONELINESS AMONG NOMADS

Loneliness is a common human emotion that's evoked when there's a gap between our social needs and our current reality. It's both normal and a pervasive societal issue, touching around 24% of the global population. In a survey of 1,055 current digital nomads, MBO Partners found that being away from friends and family is one of the top challenges faced by digital nomads (26%), with 17% suffering from loneliness.

Recent studies suggest that nomads experience loneliness in a unique way compared with expatriates and remote workers, shaped by their inherently transient lifestyle. This lifestyle can exacerbate feelings of isolation due to the absence of a stable community. Yet, it's this very mobility that also offers a wealth of diverse interactions with others from all over the globe, a kind that's not as readily available to those with more static lifestyles.

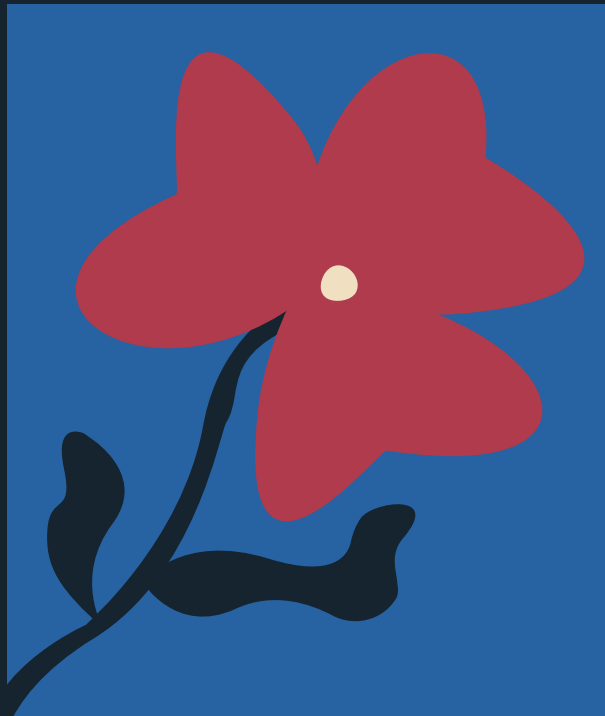


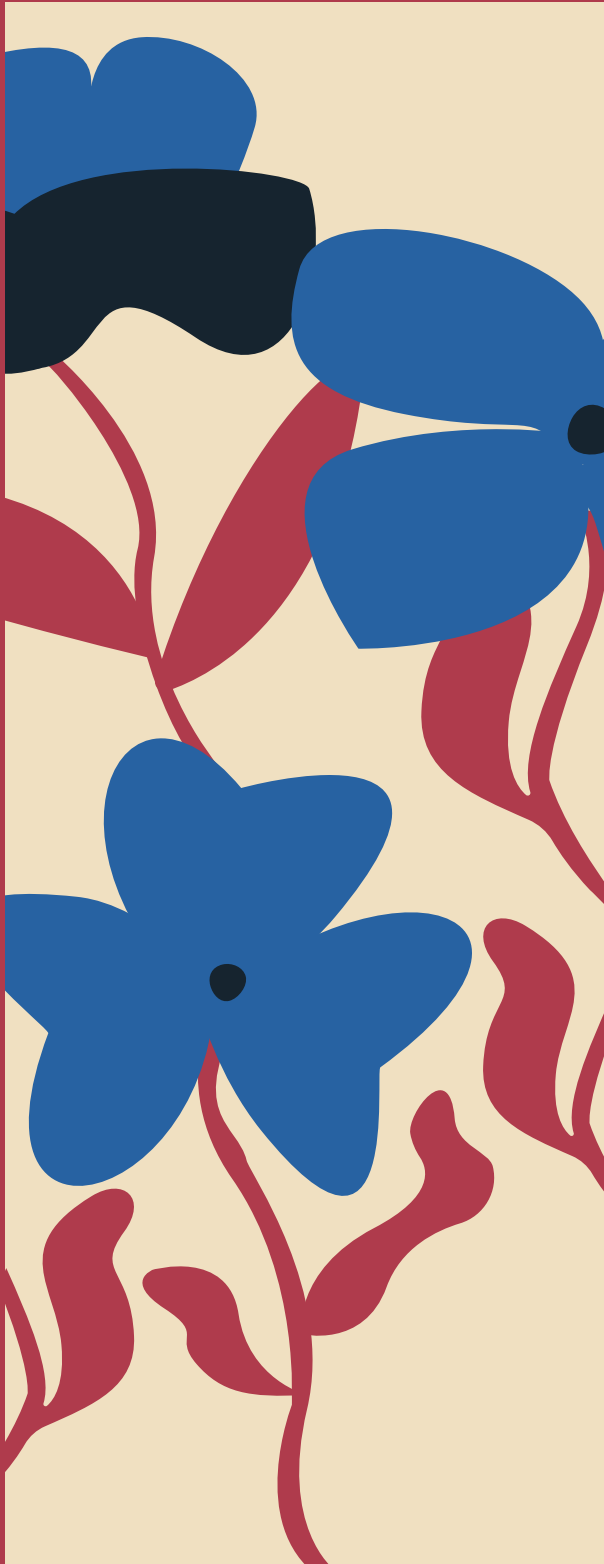
SOCIAL WELLBEING AND THE ROLE OF 'THIRD PLACES'

Social wellbeing is experienced when we feel connected and supported, when our social needs are met through the frequency of human interactions. However, this doesn't always mean the quality of our engagements is at the level that we want it to be. There might still be a longing for deeper, more meaningful relationships.

The significance of 'Third Places'—or consistent locations—for nurturing social wellbeing can't be overstated. These serve as social anchors where frequent travelers can forge lasting bonds. Think of Third Places as the community hubs outside your home (first place) and work (second place), where you can dive into local life, make friends, and feel part of something. Establishing a regular Third Place in each new spot you visit can expedite building connections and that crucial sense of belonging.

Research indicates that having consistent locations can exponentially help mitigate loneliness among those leading nomadic lifestyles. For instance, digital nomads who return to familiar places or establish social routines in new environments report a sense of community and reduced feelings of isolation, suggesting that semi-permanent bases or recurring destinations can support wellbeing.





SOCIAL WEALTH AND WHERE TO FIND IT

Social wealth is experienced when we have an abundance of social connections and we feel trust and deeply trusted, connected, and supported. Successful relationships are trusted relationships. You may not feel trusted when you're traveling so frequently, so it's important to carry some of your most precious trusted relationships with you while you are on the move. Modern technology once again is our friend here, but we cannot carry everyone with us—even if social media leads us to believe that we can.

In the 1990s, British anthropologist Dr. Robin Dunbar developed a fascinating theory, that our brains can only hold a limited number of relationships, 150 to be exact, in multiple layers of intimacy. A metaphor I love to use in my talks and workshops is one of a minibus. Imagine in life, that you are the driver of this minibus, with 14 available seats. This is your inner circle.

Who is on your bus today?

These people can be near or far. Does this question make you think of someone you haven't spoken to for a while? How could you invite them into your adventure?

Are there any spaces available for new passengers on your metaphorical minibus? How many spots are free?

This exercise can help you be intentional about new relationships, allowing you to assess whether you have the emotional capacity to welcome new connections or if it's time to focus on nurturing existing ones.

Beyond your closest circle, there's another layer of intimacy involving about 50 people. These are folks you might regularly email, hear from, or engage with through social media. They follow your journey from afar. Consider how you might bring this group closer by inviting them to virtual shared experiences. Such interactions can be a wonderful way to maintain connections, making them feel more involved in your adventures, without it feeling like an obligation.



STRATEGIES TO GAIN MORE SOCIAL WEALTH

Disconnect to reconnect. Social media can be an incredible ally when we are on the move, but it can also become habitual and distracting without adding value to our lives. In my work with clients, step one is a two-week detox from social media. If you're traveling frequently and connections are used to seeing you be present on social media, I would always recommend giving them a heads-up DM, or even posting on your active channels that you're about to do a detox. During this disconnection phase, spend time reconnecting with yourself. Look back through your own photos and journals, and remember who you are. Every time we travel and experience new things, imagine we are reborn. Every time we meet someone new; we have the opportunity to reinvent ourselves. Allow yourself to meditate on the following two questions, frequently.

Who am I? Who do I want to be?

Map your people, reconnect, and reflect. See who naturally comes to mind as you think about your minibus. They may not even be in your inner circle, but a bit beyond this, a supporter in your closest 50 perhaps, or even the extended friends, family, former colleagues and cohorts that make up your 'Communiverse' defined as a hybrid community of people that create your human experience. Spend time thinking about the individuals or groups that have touched your life. The

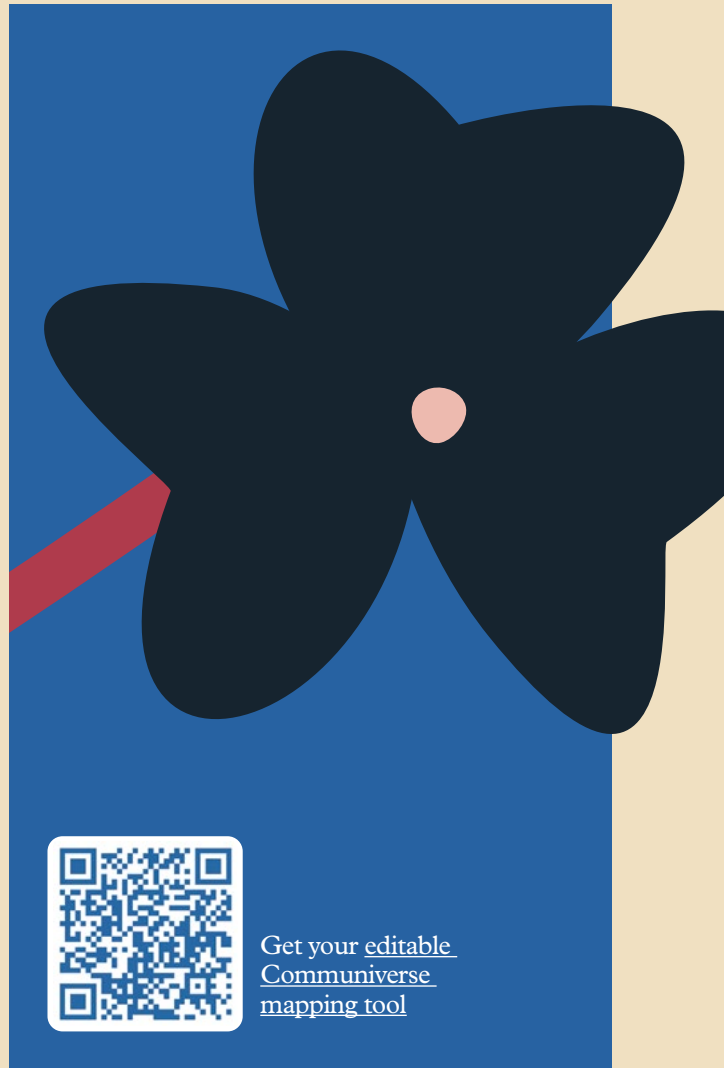
last time you were together, what you laugh about, and what conversations light you up. After this, reach out to them while their memory is heightened in your mind. Maybe that'll be an audio note, an email, or a message. I always advise my clients to reach out without expectation, and see it as a gift that you are giving them. If they come back to you—amazing! But know that either way, you have given them a glimmer that may change the pace of their day, and have positive knock-on effects that you will never know about.

Commit. Commit to your Third Place, to the people on your bus, and perhaps even to wider groups within your Communiverse, including the online groups that travel with you. As nomadic souls, we often meet incredible people along our path; we might add them to our Instagram or LinkedIn, but then we move on. Sometimes, the algorithm might show us their updates, or they might fade into the background—even if they were a soul connection, our brain isn't equipped to keep everyone in our memory bank indefinitely. What if, next time you meet someone you feel could be part of your 150, you add them to your editable Communiverse mapping tool (get at <https://www.thecommuniverse.com/newsletter-1>)? This way, they remain visible to you, allowing you to reconnect whenever you choose to remember the community at the heart of your journey.

WHAT STOPS US CONNECTING?

Here are just a handful of reasons that come up time and time again in my research:

1. Time
2. Time-zones
3. Trust
4. Fear of rejection
5. Social Media / TV – which can block our natural impulse to connect
6. Self-care – if we are not looking after ourselves, we are less inclined to reach out to others.



Get your [editable Commiverse mapping tool](#)

KEEP CULTIVATING CONNECTION

Loneliness is an inevitable part of the nomadic experience, but it doesn't have to define it. By understanding the science of social wellbeing and implementing intentional strategies, nomads can create meaningful connections, no matter where they are. Wherever your path takes you next, don't just seek new landscapes—seek new bonds! Because in the end, it's not just the places that shape us, but the people we meet along the way.

Paul Gotel

Building Meaningful Connections, NO WI-FI REQUIRED



One main struggle unites nomads around the globe—the impact that nomadism has on romantic relationships. Being on the move, juggling work-life commitments, tending to our physical and mental health, and dealing with time-zone changes and language barriers is a difficult balance to strike. Add in a relationship that needs nurturing and attention, and things can get out of sync quicker than you can say “*Relationship status changed.*”

We may blame our relationship issues on our digital nomad lifestyle, claiming that we value our freedom too much or we can’t find someone who shares our passion for travel, but in reality, we can all build and maintain meaningful relationships whether we’re living in one place or moving around frequently.

FOUNDATIONS FOR MEANINGFUL RELATIONSHIPS

A meaningful relationship is available to everybody at all times. Because the number one meaningful relationship you can have, and need to develop, is with yourself. On a plane, they say to adults, “Put your mask on first, then help your child,” and it’s the same thing when it comes to relationships: love yourself first, otherwise you can’t truly love someone else.

This is easier said than done. Where on earth do you start? But seriously, *where on earth* should you go to create a loving relationship with yourself? The answer is simple: From wherever you are. No wi-fi, and no expensive retreat required.

Begin to care for yourself physically and mentally first, in any way that works for you. Get to know yourself better by spending time alone, and finding out what brings you joy. Prioritizing your needs and desires may sound selfish, but it’s the quickest way to build a strong bond with yourself.

As you move through life, you begin to recognize that there are serious consequences when you put yourself second. It can mean that you end up settling for the job, the person, or the relationship, that puts you in that position too.

THE RELATIONSHIP STRUGGLE IS REAL

One reason we struggle to create meaningful relationships is because we get desperate. But you’re not alone—we all feel this way from time to time. But when you’re “too available,” two things happen.

For one, you set unrealistic expectations for the relationship. You are telling yourself—“Once I get this relationship, I will be happier.” You believe that it will *add* to you in some way. Because of this, you reinforce a belief that who you are right now is somehow not enough, and that you lack something that this relationship will provide. News flash: it won’t. At least, not sustainably.

And once we’re in a relationship, that same desperation can continue to wreak havoc, making it difficult

to walk away from something that no longer serves us. When we feel threatened and that we’re going to lose something, we resist.

Instead of resisting, it’s best to lean into any situation that you would usually avoid, trusting that whatever, or whoever, you lose invites space for something else; something better. In doing this, you are telling yourself that you are ready for a big emotional change.

The cost of not letting go of relationships that don’t serve you is your authenticity, and the payoff is what you think you’re going to get from another person that will make you feel that you have more value.

The idea of somebody seeing the real you and saying, “Wow, I love you,” leads you to think, “I’m loveable.” However, very rarely do we show our real selves, and this is the fundamental problem. It gives you a good feeling for a short time period, but it’s not sustainable or real.

Just like when you eat a bar of chocolate, you get a short-term boost and the release of feel-good chemicals. However, this is not sustainable long-term because your blood sugar eventually crashes, leading to fatigue and irritability. It’s not a stable source of happiness or energy. Just like the wrong relationship.

FROM WANDERLUST TO LOVE

For nomads, you may pay with your authenticity in different ways. You may find yourself changing your travel plans, your accommodation, and your participation in particular experiences because you want a specific person to like you more. You could argue that whatever it is that you’re changing about yourself and your journey to enable a relationship to work is not authentic.

As a nomad, you’ve committed to exploring the world, and you shouldn’t have to give that up for a relationship. Most nomads are looking for companionship from a

"Instead of resisting, it's best to lean into any situation that you would usually avoid, trusting that whatever, or whoever, you lose invites space for something else; something better."

relationship; someone to share this incredible life with. And it can feel impossible to find that certain someone. It's like searching for a nomad in a haystack...or something like that.

But in the nomad world, you meet people in one place and then you often meet them again elsewhere, allowing you to develop a friendship, which I believe is a great base for a solid relationship. There's beauty in two people living unstable lives who are open to something long-lasting and reliable.

THE 4 BUILDING BLOCKS OF RELATIONSHIP SUCCESS

A strong, healthy romantic relationship is built on four key pillars: being a **caring friend**, **passionate lover**, **supportive partner**, and **inspiring colleague**—both to yourself and to your future partner. Think of these as the four cornerstones holding up the roof of your relationship. If any of these elements are weak or missing, the entire structure becomes unstable.

The foundation of a great relationship begins with you. The way you treat yourself determines the kind of relationships you attract and sustain. Here's what each pillar looks like in practice:

1. CARING FRIEND

A solid relationship starts with self-care. Just as you'd show up for a friend, you need to show up for yourself. This means prioritizing your well-being—physically, emotionally, and mentally.

- You establish a morning routine that nourishes you—exercising, eating well, and checking in with yourself.
- You trust that you're exactly where you're meant to be, eliminating the need for FOMO (Fear of Missing Out)
- You stay true to yourself by asking, *Am I being authentic? Am I honoring my needs?*

In a relationship, this quality helps you create a strong sense of self. You won't lose yourself in the other person or make your happiness dependent on them. Instead, you'll bring a well-balanced, self-aware version of yourself to the relationship.

2. PASSIONATE LOVER

Passion is more than romance—it's a way of living. When you cultivate passion in your own life, you bring that same energy into your relationships.

- You follow your dreams and desires, letting passion be a driving force.
- You treat yourself the way you'd want a partner to treat you—buying yourself gifts, indulging in self-care, and celebrating your wins.
- You prioritize self-pleasure and joy, rather than believing that romance and intimacy only exist within a relationship.

When you embody passion, you create an exciting and fulfilling dynamic with a partner. Instead of relying on them to bring passion into your life, you both contribute to a vibrant, magnetic connection.

3. SUPPORTIVE PARTNER

A supportive relationship is one where both individuals respect each other's independence while uplifting one another. But before expecting this from a partner, you need to establish it within yourself.

- You create personal commitments—showing up for work, maintaining your exercise routine, and prioritizing time with loved ones.
- You make it clear that these commitments are non-negotiable, even when you enter a relationship.
- You value a partner who supports your growth, but you don't rely on them for validation or motivation.

In a romantic relationship, this means avoiding co-dependency. Instead of sacrificing your personal goals for the relationship, you continue developing as an individual. A healthy partner will respect and support that, rather than feeling threatened by your independence. When you have a strong foundation within yourself, you'll be able to support your future partner better.

“AS A NOMAD, YOU'VE COMMITTED TO EXPLORING THE WORLD, AND YOU SHOULDN'T HAVE TO GIVE THAT UP FOR A RELATIONSHIP.”

4. INSPIRING COLLEAGUE

A fulfilling relationship thrives on mutual inspiration and intellectual stimulation. A strong relationship isn't about two people merging into one—it's about two individuals bringing new energy and ideas into the partnership.

- You pursue work and hobbies that inspire you, ensuring your life is interesting and fulfilling outside the relationship.
- You and your partner engage in separate experiences, then bring fresh conversations and perspectives back to the relationship.
- You take pride in each other's ambitions and accomplishments, rather than adopting a “you complete me” mentality.

In a romantic relationship, this prevents stagnation. Instead of relying on your partner for entertainment or meaning, you both continue to grow and evolve, making the relationship dynamic and exciting.

THE KEY TO LASTING RELATIONSHIPS

If you embody these four qualities—caring friend, passionate lover, supportive partner, and inspiring colleague—you'll naturally attract a partner who reflects the same values. Relationships flourish when both people bring a strong, whole version of themselves to the table.

By becoming the kind of person you'd want to be in a relationship with, you set the foundation for deep, lasting connections.

Ultimately, being a digital nomad doesn't mean sacrificing deep, meaningful love—it just means redefining what love looks like in a way that aligns with your authentic self. ■



Greetings from NoSolo

WHEN DINNER WITH STRANGERS BECOMES DESSERT WITH FRIENDS

NoSolo matches nomads and travelers to group dinners at restaurants, allowing them to meet people and explore the local cuisine. Don't eat solo!

SIGN UP FOR UPDATES ON WHERE TO FIND US.

NOSOLO.CO

HELLO@NOSOLO.CO
@NOSOLO__CO



OUR WHITE (ONLINE) WEDDING



A NOMAD LOVE STORY



WITH NGM FOUNDER
VALERIA AND MARTIN

“Do you mind if I book our online wedding in two weeks?” Martin asked, tapping away on his laptop.

I met Martin on March 9, 2024, and six months later, he’d already proposed. Eight weeks after putting the engagement ring on my finger, it was our wedding day. But it wasn’t a wedding as you know it. It was an online wedding.

Too fast? Not fast enough, if you ask me! I knew Martin was the one as soon as he kissed me.

When I met Martin, I had given up on dreaming about meeting my soulmate and wearing that white wedding dress. I had been engaged three times before, and all of those relationships had crashed and burned. What’s more, I’d been nomadic for over ten years, so holding down even the most casual of relationships wasn’t exactly going well. Hope was in short supply.

So there I was—a tall, beautiful Ukrainian woman, independent, smart, and making my own money—totally single, surrounded by fellow nomads who were either polyamorous, in open relationships, or emotionally unavailable.

When the war started in Ukraine, I moved to Madeira Island, and for the first time, I signed an annual lease. I needed peace, no more men, no more getting engaged again! I just wanted the freedom to live life for myself, exactly how I wanted. I found an apartment with a gorgeous view, bought a Mini Cooper convertible, and made super cool friends. For the first time in my life, I had zero struggles with money, lived life on my own terms, and was finally living for myself.



“Okay, love!” I replied. And just like that, we were on.

On March 8th, on International Women’s Day, I posted this quote on my social media:

“Being single means no roller coasters, and being happy doesn’t mean being in a relationship.”

Little did I know that the very next day, at a nomad community party, I would meet a man who would say to me, plain as day:

“I’m single and very much interested in you. Are you interested in me?”

How refreshingly straightforward! But I was wary. Who was this glorious nomadic gentleman?

His name was Martin, a software engineer originally from France, and now living in his own home in Madeira. *But wait a minute...* as I looked at him, I realized that I recognized him. I’d seen him working out before, and I’d also had a quick exchange with him months before at a Carnival party. We’d not really paid much attention to each other before now.

“So, Valeria, are you interested in me?” he repeated, standing in front of me. As I looked into his eyes, I knew that divine timing was at work. I felt so safe, so quickly. Like I’d known him for years. Time stopped.

“Yes, I am,” I admitted.

His dark eyes were so close to mine, and his lips were conveniently close too.

He asked me if he could kiss me. There was a split second of hesitation.

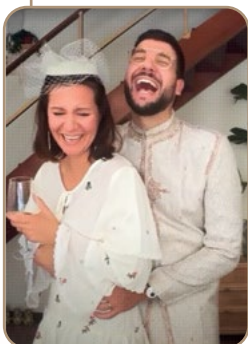
I couldn’t help it. I did want to kiss him. So badly. So I said yes.

That was it. Deal done. I fell in love *instantly*.

And we told each other we loved each other on day five. Within two weeks, we were already constantly living together—either at my place or his—until I eventually gave up my apartment and moved in.

He proposed on our six-month anniversary in Buenos Aires. That was another funny story because

HONESTLY? IF SOMEONE HAD TOLD ME MARRIAGE COULD BE THIS FUN, I MIGHT'VE DONE IT SOONER.



when he got down on one knee and opened the box, it was empty. The store had given him the wrong box with no ring in it! So we ended up buying matching €5 rings from a Chinese shop down the street. The real ring came a few weeks later, when he found the perfect one in Tokyo, a destination we decided to work from for a while.

I had joked that if he did want to tie the knot, he'd have to marry me immediately. Given my history (and reputation) as a “runaway bride,” there'd be no room for overthinking! So he got on it *fast*. The marriage would take place in France. To make that happen, he found out that we'd need birth certificates issued within the last 3–6 months, proof I'd never been married, and a certificate outlining my country's marriage laws—all translated into French by a certified translator.

Here was the catch: I'm from Ukraine. And my country was at war. Getting these documents from Ukraine? Impossible.

Determined to find a workaround, Martin started searching for faster solutions. That's when he came across an American service called Courtly.com, which lets you get legally married online—no paperwork, just a passport. The whole

thing could be done over Zoom, without ever setting foot in the U.S., and we'd get a valid marriage certificate from Utah. Wow.

At first, I thought it was a bit wild to get married over Zoom. But one thing I've learned about Martin? When he's got an idea, there's no stopping him. Booking the ceremony was surprisingly simple: upload the passports and proof of address, fill out a short form, and pay. It cost \$500 for processing within two weeks—or \$700 for the express 48-hour option. No proof of relationship required. That's the beauty (and maybe the curse) of U.S. law: your word is enough.

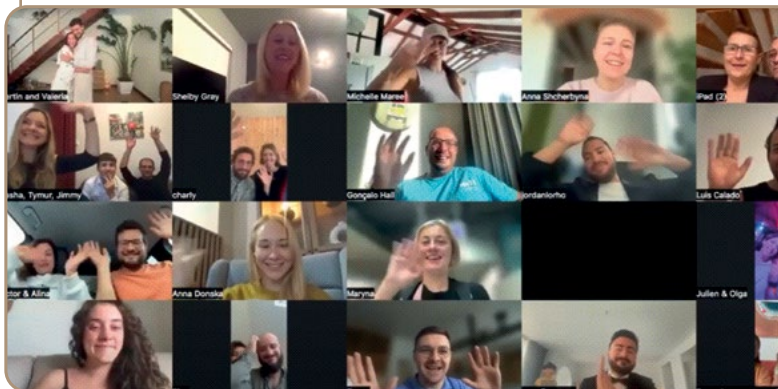
“So, what do you think?” Martin asked me.

“Hmm,” I rubbed my temples. “Thing is...I'm swamped at work.” I told him if he wanted to go ahead with an express wedding, it would be on the premise that I could just show up in a pretty white dress and do nothing else.

“Deal!” he laughed.

So that was it. Our wedding was scheduled for November 9, 2024, through a calendar invite with a Zoom link in it.

It would be a small ceremony—just family, close friends, and witnesses. We sent the invites via



WhatsApp, email, and Instagram... and the predictable reactions started rolling in:

“I just got a Zoom invite to your wedding—WTF?”

Eventually, everyone was laughing and celebrating with us. Friends in Madeira held out hope until the very last moment, waiting for an invitation to join us in person—but it never came. In the end, it was just Martin and me, in our apartment, exactly how we wanted it.

One hour before the ceremony, we were still working—until I finally looked up and said, “I think we should probably get dressed now.”

He set up a table with a camera, and I went to buy the best bottle of champagne I could find at the supermarket. I rustled through my wardrobe to find my best white dress and hat, an outfit I’d treated myself to on our recent trip to Japan.

At 12 PM sharp, we opened the Zoom link.

On-screen, we beamed as we saw the little images of our family and friends. Some were dressed in tuxedos, others in pyjamas. One couple was at an airport, another was sitting in a car, and one friend was watching Muay Thai at a stadium in Bangkok. One was eating a sandwich.

“We are gathered here today to unite Martin and Valeria in marriage,” said the online officiant contracted by Courtly.com.

“Martin, when you are ready, you may begin with your vows.” As we exchanged our vows, we were in tears—and so were our parents and friends. There wasn’t a dry eye on Zoom.

And then, finally, we heard the words, “By the authority vested in me by the state of Utah, I now pronounce you husband and wife. You may now kiss the bride.”

After the officiant signed off the Zoom call, we invited everyone to say a few words—a Ukrainian tradition. It was beautiful to linger online a bit longer, soaking in the love from friends and family around the world. Meanwhile, we got tipsy on champagne, having completely forgotten to eat breakfast.

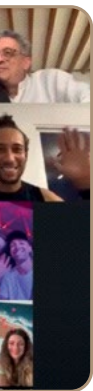
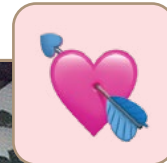
We wrapped up the day with a fancy private dinner, just the two of us. And that was it. The next day felt totally normal—except now we were calling each other “my husband” and “my wife.”

Honestly? If someone had told me marriage could be this fun, I might’ve done it sooner. ■



I used to think something was wrong with me. Everyone around me seemed to be settling down, getting married, having kids, and ticking relationship boxes. Meanwhile, I kept saying no. Not because I didn’t want love—but because it never felt right.

Looking back, I’m glad I waited for the right person. It’s a cliché, but when you know, you know. I’m so glad I didn’t go along with my previous engagements just to match someone else’s timeline. Because then Martin came into my life. With him, everything shifted. There was no second-guessing. No “should I stay or should I go?”. It wasn’t that I didn’t want to get married before—it’s just that no one made it feel this simple. And with NGM as my witness, I declare: I have found the man of my dreams. I have written my own nomadic love story, against all odds. And no, I do not regret *Zooming* in “too fast!”







GUATEMALA HIDDEN GEM

EL PAREDÓN: THE LAST UNTOUCHED FRONTIER

You probably weren't going to visit Guatemala, but you may change your plans by the end of this article.

We thought that all the hidden gems had been discovered, but this place surprised us. There is a little surfing town in Guatemala that we discovered when we slowed down and wandered off the beaten path.

This town is El Paredón.

ON BEHALF OF BIANCA BONILLA

PHOTOGRAPHY BY JANA MEERMAN
AND BIANCA BONILLA



That's what happened to Bianca Bonilla, an entrepreneur, part-time flight attendant, and now, coliving owner in Guatemala.

A few years ago, Bianca came back to her home country to breathe and to disconnect. While watching the sunrise and sunset from the beach, her quiet retreat turned into purchasing land near the Pacific Ocean in El Paredón. Years later, with Starlink's help, she built the very first coliving space for digital nomads in the area called *Ola, El Paredón Coliving*.

Guatemala is a land of fire and water, where volcanoes rise from lakes, and the Pacific tide moves in patient anticipation to welcome those that journey to its shores. It's no surprise that it's turning into the next big destination for travelers seeking raw beauty. The number of digital nomads and remote workers is increasing, and yet somehow, Guatemala is a place untouched by mass tourism. If you want to experience its authentic magic, we recommend going now.





Most travelers land in La Aurora International Airport in Guatemala City, where you can find creative studios, niche cafés, and a surprisingly rich art scene. Still, the capital is dense, which means that many travelers pass quickly to Antigua, which is just over an hour from the capital.

Antigua is like a postcard. Known as the best-preserved colonial city set against the dramatic backdrop of three volcanoes. It's where digital nomads sip single-origin coffee while booking volcano hikes or cacao ceremonies. Here, locals hold massive Easter processions that turn the entire town into a sea of incense, flowers, and collective devotion.

You'll find co-working spaces with mountain views, boutique hotels, and food that ranges from street-side chuchito stalls to European-level fine dining.

Antigua is romantic, energetic, and grounding all at once. Some may stay here, while others move on to explore more of what Guatemala has to offer:

LAKE ATITLÁN

A crater lake surrounded by volcanic ridges. San Marcos for the spiritual seekers, San Pedro for the night owls, Panajachel for the practical nomads who want a little of everything. The lake moves at its own rhythm—slower, deeper, restorative.



XELA

Xela (Quetzaltenango) is the highlands' heartbeat. Still fiercely Mayan, the kind of place where you'll learn Spanish by necessity rather than choice. Perfect for those who want an experience unfiltered by tourism.

SEMUC CHAMPEY

Hidden deep in the jungle, this series of stepped turquoise pools feels untouched by time. It's one of those places you reach and think, *This was worth the journey.*



EL PAREDÓN

It's a small surf town just two and a half hours from Antigua, known for its long black sand beach where you can watch sunsets and sunrises. With internet coverage (thank you, Starlink), it's slowly evolving, not into a hotspot, but into a haven with more accommodations coming up.

Surfers love it for the consistent breaks and warm water. Nomads love it for the slow rhythm, small-town charm where within days, you'll know your bartender, your surf teacher, and your neighbor — they might just be the same person. You'll learn people's names because you actually see them every day.

Bianca's space, **Ola El Paredón**, is one of thoughtfully designed accommodations offering travelers and remote workers a place to truly unwind. Don't expect resorts or big-brand anything. Do expect beach bonfires, hammock afternoons, and the kind of stars you forgot existed.

There's something healing about watching the sunrise and sunset from the same beach. How quickly you remember how little you actually need.

It's not a place that was made for tourists — and that's exactly the point.



WANT TO CONNECT
WITH NOMADS IN
GUATEMALA? JOIN
THE CONVERSATION:





AFFORDABILITY WITHOUT SACRIFICE.

A shoestring budget can stretch to \$30 a day (including your accommodation), while \$1,800–\$2,500 a month gives you a comfortable remote work setup.

THE BEST TIME TO GO.

From October to May, the dry season gives you warm sun and crisp mountain air. Even when the rains come, they rarely overstay their welcome — a quick afternoon downpour, then it's back to birdsong.

The elevation changes everything as well. In Antigua, at 1,500 meters above sea level, you'll feel spring in the morning and autumn at night. Drive two hours down to El Paredón, and you're in a different climate entirely — thick heat, still air, warm ocean. You'll crack a coconut before you unpack your bag.

WHAT STAYS WITH YOU

Guatemala is not just a place you visit. It's a place that changes you. It's in the way strangers greet you with *buenos días* as you walk by. In the warmth that doesn't feel transactional. In the quiet understanding that life here isn't about having more, but about needing less.

It's in the volcano that watches over Antigua. In the lake that mirrors the sky. In the black sands of El Paredón, where the Pacific crashes and calms in equal measure. It's in the space it gives you — not just to work, but to think, to feel, to come back to yourself.

This is a place where people may not have much, yet somehow offer everything that matters.

If you're looking for the next big digital nomad hotspot, you might want to hang fire. If you're looking for something real, something rare, something still untouched—Guatemala is waiting. ■



TOP 10

COLIVING OPTIONS FOR NOMADS

Powered by **mapmelon**

Coliving has exploded since the pandemic, and digital nomads are getting pickier about where they stay. These spaces offer the best combination of a great working environment, and the opportunity to explore new places alongside community.

At Mapmelon, we often get asked what our top coliving recommendations are, but, the truth is, each place has its own vibe and it really does depend on what you're looking for. Still, we've curated a list of ten solid options that have delivered wonderful experiences for many nomads, time and time again.

The list highlights some of the most well-known coliving hubs that have consistently delivered top community experiences and often inspired newer colivings to follow their lead. They focus on bringing people together to create memories and connections that last a lifetime.

It was hard to make this list, since most of Mapmelon's colivings are outstanding, and

there are plenty of other colivings that were also a great fit, but we put our heads together and resisted adding more to the list so as to offer you the very best. We have tried to be as objective as possible by creating this list by reviewing our site's popularity rankings, feedback from our ambassadors, and our team's personal experiences.

Keep in mind that experiences at colivings can vary depending on the season, hosts, community managers, and the group of colivers you find there. But if you're heading out in 2025 and want to choose wisely, these are some spots you can't go wrong with.

MAPMELON'S TOP 10 COLIVINGS

If you've been in the coliving world, you'll already have heard of some of these, and for good reason. If you're new to the coliving world, I bet you will hear about them after your first coliving experience. The list is sorted alphabetically, as all of them are equally awesome.

ALT COLIVING CHIANG MAI

LOCATION: Chiang Mai, Thailand

ADOPT: Collaborative events pitched by colivers (ice baths, yoga, social outings).

DROP: Overbooking your calendar, this place thrives on balance.

WHY VISIT: Central location, strong community vibe, and well-equipped coworking.

Alt Coliving Chiang Mai is a gem in the heart of Chiang Mai, Thailand, with two locations: Alt_ChiangMai and Alt_PingRiver. Created by John and Somporn, Alt Coliving is designed for remote workers, digital nomads, startups, and entrepreneurs looking to grow while connecting with like-minded individuals. The space is well designed with functionality and community in mind.

What sets Alt Coliving apart from other coliving spots is the high quality coworking spaces and its focus on creating a welcoming environment where networking thrives. From yoga sessions and ice baths to social outings, their events are created and proposed by the community members to connect while remaining productive and fun.



ANCEU COLIVING

LOCATION: Galicia, Spain

ADOPT: Local village projects (biodiversity, rural workshops).

DROP: City-life expectations, nature rules here.

WHY VISIT: Sustainable living, deep local integration, and a chance to truly unplug.

Anceu Coliving is a coliving space located in Galicia, Spain, surrounded by nature. Known as "rural coliving" it's ideal for remote workers looking to immerse themselves in a simpler way of life while contributing to the revitalization of the local community.

Led by the inspiring duo Agus and Africa, Anceu places a strong emphasis on sustainability, local integration, and creating meaningful connections among its residents.

Expect to enjoy breathtaking natural surroundings, delicious communal meals, and opportunities to join unique projects involving the local village. Located in a small community within a natural park, this coliving collaborates closely with the village's residents, whose population is under 100. Together, they work on meaningful initiatives such as biodiversity conservation, rural development, and technology workshops that aim to integrate urban ideas into rural settings.

BURGAS COLIVING

LOCATION: Burgas, Bulgaria

ADOPT: Summer-camp spirit with BBQs, “Colympics,” and pétanque.

DROP: Staying indoors all day, we defy anyone to stay away from their beautiful garden.

WHY VISIT: Coastal relaxation, friendly host, and a gorgeous outdoor space.

Burgas Coliving is known for having one of the most charming coliving gardens, and it’s true, Katya’s space is a true gem. There are plenty of areas for relaxation and activities, including a pétanque court made by colivers, plenty of shaded spots for working with WiFi coverage throughout, and an atmosphere that exudes summer camp vibes. The property itself is an old building filled with history, seamlessly blending its rustic charm with modern amenities.

Expect cozy rooms, inspiring coworking areas, and a vibrant community spirit. Also wine and craft beer tastings, BBQ nights, movie evenings, and even a “Colympics” to bring everyone together.



CACTUS COLIVING



LOCATION: Galicia, Spain

ADOPT: Local village projects (biodiversity, rural workshops).

DROP: City-life expectations, nature rules here.

WHY VISIT: Sustainable living, deep local integration, and a chance to truly unplug.

Cactus Coliving offers a vibrant community-driven coliving experience in the south of Tenerife, in the Canary Islands. Created by María and her dedicated team, Cactus combines the beauty of volcanic landscapes, local culture, and a warm, sociable atmosphere to create a true home for digital nomads and remote workers.

Expect family-style dinners, yoga, hiking adventures, and local farm visits, all organized to connect colivers and immerse them in the island’s culture. The house is big and beautifully designed with two coworking areas featuring superfast internet, cozy rooms, and plenty of outdoor spaces to work or relax. Whether you’re embarking on a group hike to Teide or enjoying the social atmosphere, Cactus Coliving offers an unforgettable mix of productivity, nature, and community living.

Coliving has exploded since the pandemic, and digital nomads are getting pickier about where they stay.



CHATEAU COLIVING



LOCATION: Normandy, France

ADOPT: Communal feasts, karaoke nights, and cozy fireplace gatherings.

DROP: Modern minimalism, embrace centuries-old castle charm.

WHY VISIT: Historic setting, vast nature, and warm community events.

Chateau Coliving is a stunning 12th-century castle nestled in the heart of Normandy, France, blending historical elegance with a modern coliving lifestyle. Founded by Katia and hosted by Jeanne, the castle offers the tranquility and inspiration needed to focus on work, balanced with vibrant community activities and the charm of a historic property.

Expect to feel like royalty as you stay in beautifully restored rooms, enjoy local french cuisine, work in a fully equipped coworking space, and explore 80 hectares of private parkland with rivers and wildlife. With cozy fireplaces, communal feasts, karaoke nights, and even murder mystery events, you don't want to miss out on this one!

CLOUD CITADEL

LOCATION: Briançon, French Alps, France

ADOPT: Mountain adventures (hiking, climbing, skiing) and creative community projects.

DROP: City hustle, this is for Alpine lovers.

WHY VISIT: Stunning views, cozy cowork areas, and an artsy international crowd.

Cloud Citadel is a mountain haven located in the heart of the French Alps in the citadel of Briançon, a European old village filled with history and charm. Thanks to Joe and Jelena the coliving feels like a home, with artsy creations left by residents, warm family-style meetings, and thoughtful touches throughout the space.

With two coworking areas, one designed for focused work and another for collaborative conversations, this vibrant international community balances productivity and connection effortlessly.

Expect delicious meals, stunning mountain views from anywhere in the house, and tons of mountain activities such as hiking, climbing, and snow sports in the winter.



NINE COLIVING

LOCATION: La Orotava, Tenerife, Canary Islands, Spain

ADOPT: Daily breakfasts, yoga, and spontaneous skill shares.

DROP: Doing everything solo, Nine is known for group bonding.

WHY VISIT: Pioneering coliving vibes, epic ocean/volcano views, and a close-knit community.

Nine Coliving is perfect for those seeking a mix of work-life balance and community connection. Located in the charming historical center of La Orotava, in the north of Tenerife, one of Spain's Canary Islands, Nine Coliving offers digital nomads a unique blend of history, community, and adventure, thanks to their beautiful and historic Canarian house.

Known as a pioneer in the coliving scene, Anne has created an amazing space that has inspired many other colivings around the world. Open for over five years now, Nine Coliving has become a reference point for remote workers and nomads.

You'll enjoy daily breakfasts, yoga sessions, workouts, and the company of an ever-evolving group of nomads. The property features two workspaces, private call booths, and desks in each room, ensuring productivity with high-speed internet throughout. Plus stunning views of the ocean and El Teide volcano. And don't forget a stunning new kitchen designed by a coliving architect, and Lara, the house dog.



SUN AND CO. COLIVING

LOCATION: Jávea, Spain

ADOPT: Masterminds, skill shares, and local market runs.

DROP: Shyness, this place is all about social connections.

WHY VISIT: Award-winning community, Spanish coastal charm, and strong remote-work setup.

Sun and Co. has been a pioneer in the coliving movement since 2015, providing community, co-working, and Mediterranean lifestyle in Jávea, Spain. As one of Europe's oldest coliving spaces, it's earned a great reputation, winning multiple awards for its community.

At Sun and Co., you'll find a community of professionals from all over the world, perfect for networking, learning, and sharing unique moments. Expect high-quality coworking spaces with fast internet, local Spanish food, and opportunities for personal and professional growth through masterminds and skill-sharing sessions. But not everything is working and networking, you will also be hiking and visiting local markets whilst here.

If you're looking to escape the city hustle and live smarter while working productively, this is a must-visit.



SUNDESK COLIVING



LOCATION: Taghazout, Morocco

ADOPT: Surf sessions, BBQ nights, and local souk adventures.

DROP: Common city landscapes, embrace the beach and waves.

WHY VISIT: Ocean-view terrace, legendary breakfasts, and a chilled-out surf community.

SunDesk is located in the sunny surf village of Taghazout, Morocco, a picturesque spot by the Atlantic Ocean. Founded by Magda, who designed this space to combine her love for surfing and working in Taghazout, at a time when no such place existed. SunDesk is perfect for digital nomads, entrepreneurs, and professionals seeking to balance productive work with relaxation, adventure, and a sense of community.

Prepare for legendary breakfasts on their scenic terrace, dive into surf adventures, explore nearby souks, or relax with yoga and hammam sessions. Whether you're brainstorming in the private Skype room or bonding over BBQ nights, SunDesk ensures productivity and unforgettable experiences.

SunDesk is a top spot for remote workers seeking community, surfing, and Moroccan adventures.



These spaces offer the best combination of a great working environment, and the opportunity to explore new places alongside community.



SWISS ESCAPE



LOCATION: Swiss Alps, Switzerland

ADOPT: Outdoor fun, hiking, skiing, mountain biking.

DROP: The urge to stay indoors; nature is calling.

WHY VISIT: Scenic Alpine views, ergonomic coworking, and a supportive community.

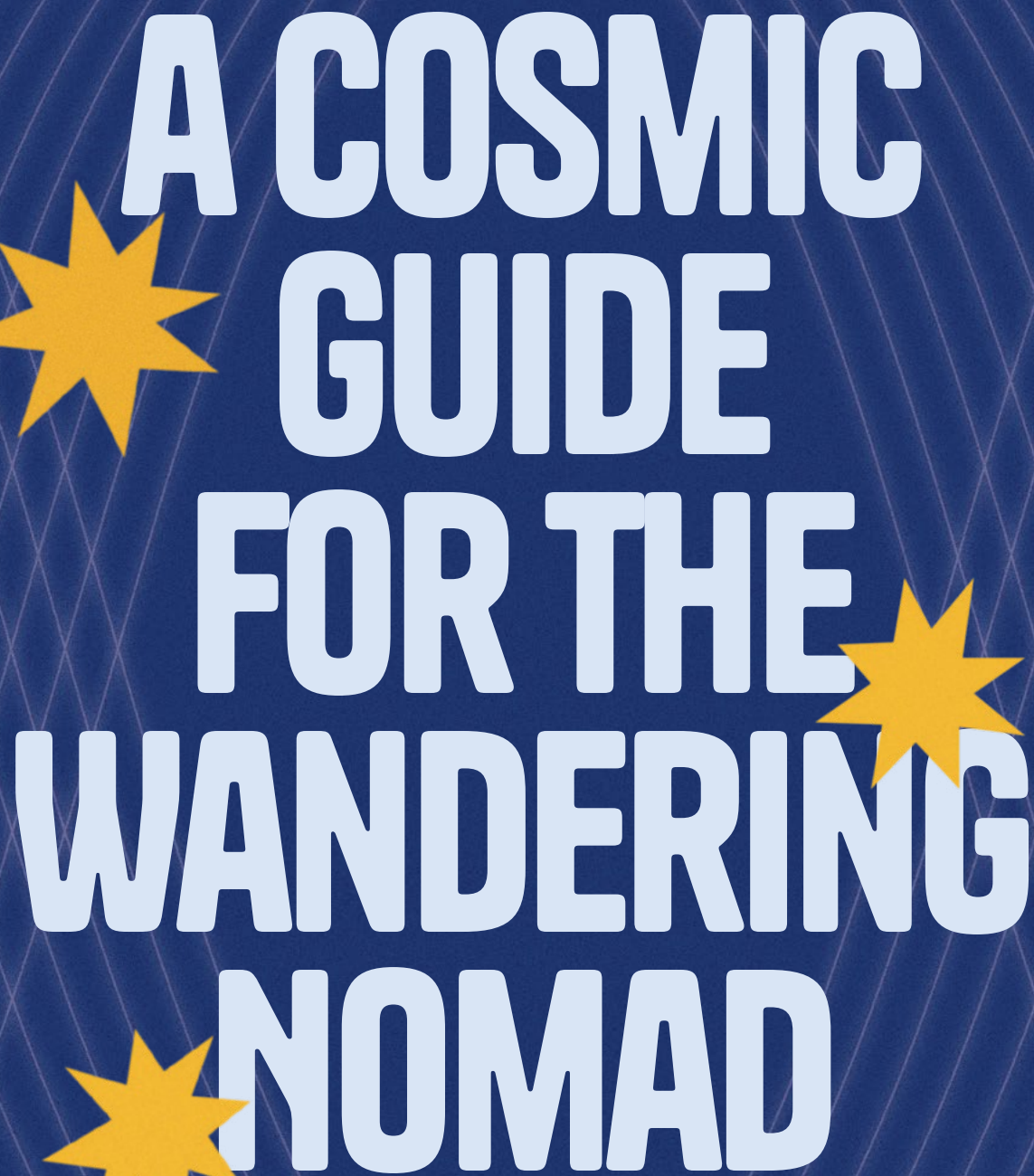
Swiss Escape combines the charm of the Swiss Alps with the comfort of a thoughtfully designed coliving and coworking experience. Haz Memon founded the first coliving space in Switzerland tailored for digital nomads, freelancers, entrepreneurs, and teams who want to enjoy productivity with nature.

Wake up to breathtaking Alpine views and enjoy cozy spaces with ergonomic setups for work. Swiss Escape provides a range of activities: hiking, mountain biking, and climbing during warmer months, or skiing, and snowboarding in winter. The onsite community manager curates workshops, masterminds, and social events like movie nights and group dinners.

Hope to See You Soon!

Wherever your adventures take you, these colivings combine the perfect blend of community, culture, and remote-work. Looking for more? Check out Mapmelon.com for even more colivings and to discover the Colivers Club, our community hub where remote workers and digital nomads share experiences and tips. You'll find resources, meet future travel buddies, and learn from podcasts and new colivings popping up. Everything you need to connect with other colivers and coliving owners from around the world, you'll find within the community.

So grab your laptop and an open mind; your next unforgettable coliving adventure is waiting! ■



A COSMIC GUIDE FOR THE WANDERING NOMAD

ALINA CROWN



Alina, a professional energy coach, astrologer, and healer from Latvia, has spent years helping nomads tap into the cosmic side of travel. In this NGM exclusive, she breaks down astrocartography—the art of mapping your personal energy across the globe—so you can find the places that vibe with you (and avoid the ones that don't).



Ever felt like some places in the world just seemed to click with you? Maybe a city sparks a sense of creativity, or a certain beach town feels like the perfect spot for love to bloom. On the flip side, have you ever landed somewhere and felt completely out of sync, like you and the environment are speaking entirely different languages?

If you've ever wondered why certain locations feel like home while others don't, you might want to explore the fascinating world of astrocartography, also known as astro traveling.

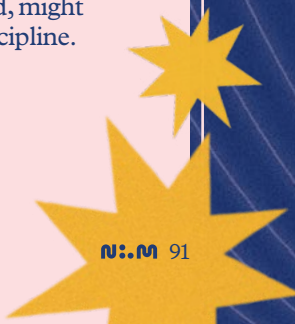
WHAT IS ASTROCARTOGRAPHY?

Astrocartography, at its core, is the study of how celestial energy influences specific locations on Earth. It's like blending your birth chart with a world map to uncover where the stars might shine brightest for you—or where they might dim your light.

Developed in the 1970s by astrologer Jim Lewis, this practice assigns planetary lines across a map of the Earth based on your exact birth details (date, time, and location). These planetary lines reveal where the energies of specific celestial bodies—like the Sun, Moon, Venus, and Mars—are most active in your life.

The result? A customized map of the world that highlights areas with different energetic influences. For instance:

- **Your Sun line** might indicate where you can shine as your authentic self.
- **Your Venus line** may point to places that spark love, beauty, and financial growth.
- **Your Jupiter line?** Think expansion, abundance, and good fortune.
- **Your Saturn line**, on the other hand, might call for hard work and lessons in discipline.



It's not about predicting the future—it's about understanding which places are aligned, or misaligned, with your personal energy.

WHY SHOULD NOMADS CARE ABOUT ASTROCARTOGRAPHY?

As a nomad, the world is your oyster, but let's face it: that oyster can get a bit overwhelming sometimes. There is simply too much choice; having the ultimate freedom can actually leave you rooted in place, unable to make a decision on where you should go next. Where will your career thrive? Which destinations hold the potential for meaningful relationships? Astrocartography can help you make those decisions with a touch of cosmic clarity.

Here are three big reasons why astrocartography matters for global wanderers:

1. YOU'LL FIND YOUR "POWER SPOTS"

Certain places on Earth resonate with different aspects of your life. Your astrocartography map can highlight spots where you'll feel energized, inspired, or at peace. For instance, if you're seeking creative inspiration, your Moon or Neptune lines could hold the key. Need to buckle down and build a remote business? Your Saturn line might offer the grounding, powerful energy you need.

2. YOU'LL AVOID POTENTIAL PITFALLS

Not every destination is going to vibe with your energy, and that's okay. Maybe a location on your Mars line feels too combative, or a spot on your Pluto line brings up deep, uncomfortable transformations. Knowing this ahead of time can save you from unexpected challenges—or at least prepare you to face them.

3. YOU'LL DEEPEN YOUR PERSONAL GROWTH JOURNEY

For nomads, travel isn't just about changing locations; it's about evolving as a person. Astrocartography lets you align your travels with your personal growth, helping you choose destinations that nurture your soul and fulfil your goals.

HOW TO USE ASTROCARTOGRAPHY AS A NOMAD

Ready to chart your cosmic travel guide? Here's a simple step-by-step approach to using astrocartography in your nomadic lifestyle:

1. GET YOUR ASTROCARTOGRAPHY MAP

You've got a couple of options when it comes to generating your Astrocartography map. The best route—if you want a deep, personalised reading—is to work with a professional astrologer (like me!). This way, you'll get an accurate map, tailored insights, and the chance to ask all the questions you want about different locations. Yes, it costs money, but think of it as an investment in your journey, not just an expense.

If you're on a budget, no worries—you can start with a free online tool like Astro.com. Just head to the Location Astrology section and click AstroClick Travel to get a general overview. No matter which option you choose, you'll need your birth date, time, and location to obtain the results. Call your mom if you're not sure!

2. UNDERSTAND THE LINES

Each line on the map corresponds to a planet's energy and influence.

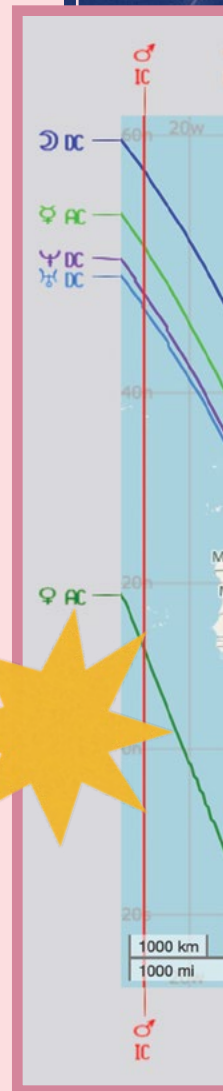
- **Positive Lines:** Sun (identity), Venus (love/beauty), and Jupiter (growth/opportunity) are often associated with positive experiences.
- **Challenging Lines:** Saturn (hard work), Pluto (transformation), or Mars (conflict) might demand more effort or self-reflection in those locations.

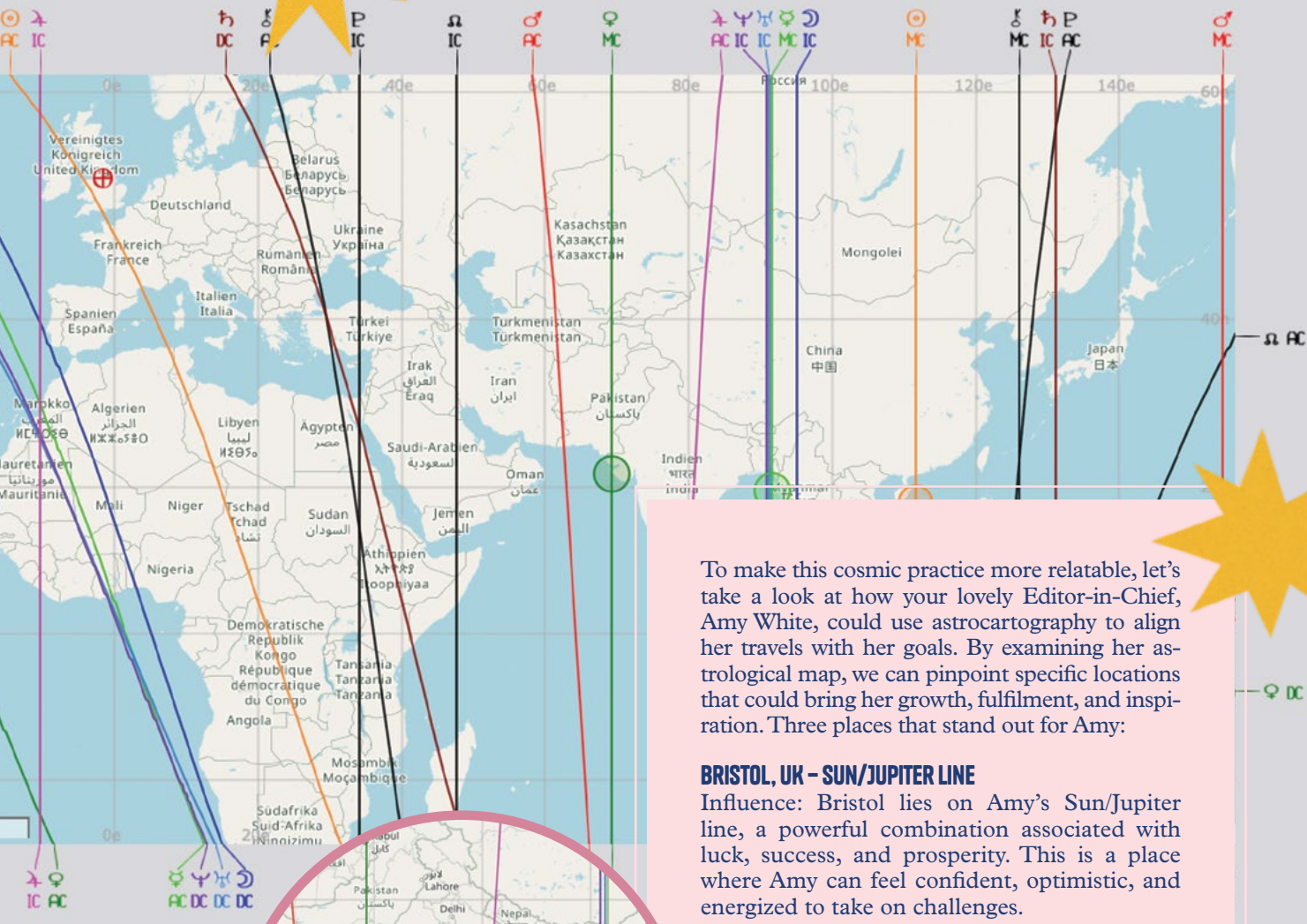
3. PLAN YOUR JOURNEY WITH INTENTION

If you're seeking something specific—say, career success—look for destinations near your Jupiter or Sun line. Want to heal or reflect? Check your Moon line. Alternatively, you might want to steer clear of your Saturn line when you're in need of rest, as its energy can feel heavy.

4. BALANCE ASTROLOGY WITH PRACTICALITY

Astrocartography isn't meant to override common sense. A destination might be great astrologically, but if the visa process is a nightmare or the cost of living is too high, it might not make sense for you right now. Use your map as a tool, not a rulebook.





To make this cosmic practice more relatable, let's take a look at how your lovely Editor-in-Chief, Amy White, could use astrocartography to align her travels with her goals. By examining her astrological map, we can pinpoint specific locations that could bring her growth, fulfilment, and inspiration. Three places that stand out for Amy:

BRISTOL, UK - SUN/JUPITER LINE

Influence: Bristol lies on Amy's Sun/Jupiter line, a powerful combination associated with luck, success, and prosperity. This is a place where Amy can feel confident, optimistic, and energized to take on challenges.

CASABLANCA, MOROCCO - MOON IN SCORPIO LINE

Influence: Casablanca falls under Amy's Moon in Scorpio line, a placement that emphasizes deep emotional connections and transformation. This is a place where Amy could experience heightened sensitivity, emotional growth, and meaningful relationships.

JAFFNA, SRI LANKA - JUPITER LINE

Influence: Jaffna sits on Amy's Jupiter line, a planetary influence that brings joy, optimism, and spiritual growth. This location is perfect for broadening her horizons, seeking adventure, and diving into new cultures.

- **Taurus** – You love comfort, beauty, and good food, so **Tuscany, Italy** is calling. Slow mornings, delicious pasta, and rolling vineyards? Yes, please!
- **Gemini** – You need a buzzing city with constant stimulation, so **New York, USA** might be your cosmic hotspot. Endless conversations and new ideas await!
- **Cancer** – You’re all about homey vibes and emotional depth, so **Bali, Indonesia** could be the perfect place for self-care and soulful connections.
- **Leo** – You belong somewhere bold, glamorous, and full of life—hello, **Los Angeles, USA!** Fame, creativity, and a little drama? Right up your alley.
- **Virgo** – You crave order and purpose, making **Copenhagen, Denmark** an ideal spot. Hygge, sustainability, and efficiency? It’s a Virgo’s dream.
- **Libra** – Romance, beauty, and culture? You’ll find your balance in **Paris, France**, where love and art are everywhere.
- **Scorpio** – You need depth, mystery, and transformation—**Marrakech, Morocco** might be your soul’s playground with its rich history and intense energy.
- **Sagittarius** – You’re a natural-born explorer, so **Cape Town, South Africa** is the place to be! Adventure, philosophy, and breathtaking landscapes all in one.
- **Capricorn** – You’re ambitious and disciplined, so **Zurich, Switzerland** is your power spot. A structured yet luxurious lifestyle? Yes, please.
- **Aquarius** – You’re all about innovation and the unconventional, so why not **Berlin, Germany?** It’s got the creativity and edge you crave.
- **Pisces** – Dreamy and intuitive, you belong somewhere mystical like **Santorini, Greece**—ocean views, mythology, and spiritual inspiration all in one place.

Of course, astrocartography is much more detailed than just your sun sign, but this gives you a fun starting point for where in the world might match your vibe.

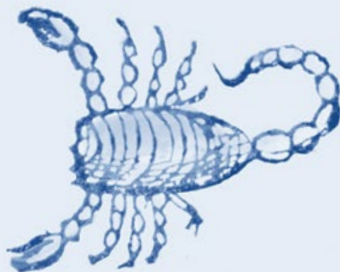
DOES ASTROCARTOGRAPHY GUARANTEE A PERFECT JOURNEY?

Let’s be clear: astrocartography isn’t a magic fix. It won’t solve every problem or guarantee happiness in a certain location. Life is still full of surprises, and you’ll face challenges no matter where you go. However, astrocartography gives you a framework to work with, offering insights into how specific places might influence your experiences. ■

♎ Libra



♏ Scorpius

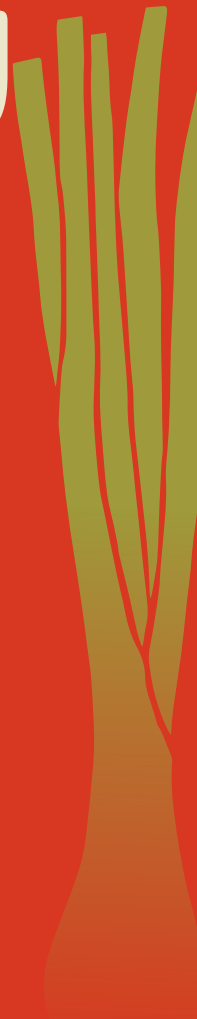




♐ Sagittarius



♑ Capricornus





THE NOMAD RECIPE: BALANCING NUTRITION WHILE TRAVELING

Kate Guner



Many people believe that maintaining good nutrition on the road is impossible, but with the right approach, it can become second nature. In this guide, you'll find practical strategies and insights from my own experience as a nomadic nutritionist to help you make better food choices, avoid common pitfalls, and stay energized no matter where you are.

Common Myths About Eating Well

After working with clients for many years, I've noticed some common misconceptions about healthy eating. These myths create unnecessary barriers, making people believe that a nutritious diet is too complicated, expensive, or restrictive to maintain. Let's clear the confusion.

1 THE ALL-OR-NOTHING MINDSET

Many people believe that healthy eating has to be perfect—no indulgences, no flexibility. This all-or-nothing approach makes people feel like they've failed the moment they eat something “unhealthy.” Such a belief leads to inner disappointment and a lack of future motivation to try again. It often stems from perfectionism, which many of us develop in childhood or from parental expectations.

In reality, balance is key. You don't need to be perfect, you just need to consistently get back on the healthy bandwagon when you fall off.

2 HEALTHY EATING IS EXPENSIVE AND INACCESSIBLE

It's a myth that you need to spend a fortune to eat well. I have found healthy options—salads, brown rice with veggies, nuts, and high-protein meals, even in the smallest supermarkets, such as 7-Eleven shops in Thailand. Instead of searching for overpriced superfoods, focus on local produce and simple, whole ingredients that are widely available.

3 CARBOHYDRATES ARE BAD

Carbs have been demonized, but they are an essential energy source. We actually need them to survive. The key is choosing quality carbs—brown rice, quinoa, whole grains, and fruits—rather than processed, sugary options. Cutting carbs entirely is not sustainable and often leads to fatigue and cravings.

4 I DON'T HAVE TIME FOR HEALTHY EATING

A frequent concern is the perceived lack of time for healthy habits. However, small, intentional changes can seamlessly fit into even the busiest schedules. Simple practices like meal prepping, choosing wholesome snacks, and staying hydrated can significantly impact overall well-being without requiring a complete lifestyle overhaul.

5 FRESH PRODUCE IS ALWAYS HEALTHIER THAN FROZEN OR CANNED

Many assume that fresh fruits and vegetables are superior to their frozen or canned counterparts. While fresh produce is excellent, frozen and canned options can be just as nutritious and sometimes more convenient and affordable. The key is to choose varieties without added sugars or salt. These options can make healthy eating accessible, budget-friendly, and time-efficient, especially when fresh options aren't available.

HOW TO MAKE HEALTHIER CHOICES WHILE TRAVELING AND EATING OUT

Exploring local cuisine is one of the best parts of traveling, and it doesn't have to conflict with healthy eating. Many traditional dishes are naturally nutritious, made from whole ingredients, and balanced in macronutrients, which are proteins, fats, and carbohydrates. The key is to choose wisely:

Opt for naturally balanced dishes –

Many cultures have meals that already follow the balanced plate rule. For example, Mediterranean cuisine offers lean protein (grilled fish or chicken), healthy fats (olive oil, nuts), and fiber-rich sides (vegetables, legumes, whole grains) in many dishes. Similarly, Asian cuisine often features fermented foods, fresh vegetables, and lean protein.

Be mindful of preparation methods –

Choose grilled, steamed, or baked dishes instead of fried options, when you can. Soups, stews and salads are a good place to start and often provide really high nutrition.

Customize when possible – Ask for sauces on the side, request whole-grain options, or add extra vegetables to a meal.

Portion control – Many restaurant servings are oversized. Consider sharing a meal, ordering a starter instead of a main, or taking leftovers for later.

Balance your plate – If a meal is carb-heavy (like pasta or rice-based dishes), add a side of protein and fiber-rich vegetables to create a more balanced plate.

Hydration first – Often, thirst is mistaken for hunger. Drinking water before your meal can prevent overeating and support digestion.



CAN TECHNOLOGY ASSIST IN BOOSTING YOUR NUTRITION?

Technology makes staying on top of nutrition easier than ever. Here are my go-to tools:

Google Maps – Search for keywords like “healthy cafe,” “salad bar,” or “wholegrain” to find nutritious food options quickly based on real customer reviews. In my experience, this is the easiest way to quickly find a healthy cafe in a new place, because people often leave detailed reviews using these keywords.

Meal Tracking Apps – Apps like Yazio or MyFitnessPal help track macros, hydration,

and portion sizes. This is great for those who want to keep energy levels steady and avoid mindless eating, but I don't recommend overusing it or relying on it long-term, as it can create a restrictive mindset around food.

Tracking and Planning – I use Notion to keep track of meal ideas, local food options, and grocery lists in new cities.

Insight Timer – An app for mindfulness and meditation that you can use to reduce stress that can lead to emotional eating.

WHAT ABOUT REAL-LIFE SITUATIONS ON THE ROAD?

When choice is limited, it's time to make the best choices you can with the limited options you have. Here's what I'd recommend you do...

AT A TACO STAND IN MEXICO:

- Choose corn tortillas which are less processed than flour, but be mindful of their high glycemic index (how quickly a food raises blood sugar levels)—pair them with protein and healthy fats to prevent blood sugar spikes.
- Add extra guacamole for healthy fats instead of sour cream.
- Instead of deep-fried options, ask for grilled meats, beans, or fish.

ORDERING STREET FOOD IN ASIA:

- Choose steamed or stir-fried dishes with lots of veggies instead of deep-fried options.
- If eating noodles, look for cafes that serve brown rice noodles or whole-grain alternatives when possible.
- Add tofu, chicken, or seafood for protein and balance the meal with fresh greens.

EATING OUT IN AFRICA:

- Look for grilled or stewed proteins like chicken, fish, or lentils.
- Choose brown rice, plantains, or sweet potatoes for fiber-rich carbs.
- Avoid heavy, oily sauces—ask for sauces on the side if possible.

MENTAL STRATEGIES FOR MAINTAINING A BALANCED DIET WHILE TRAVELING

Food is not just fuel—it's also a source of comfort, connection, and enjoyment. Your mindset around food directly impacts digestion, nutrient absorption, and overall well-being.

Did you know that around 90% of serotonin (the “happiness hormone”) is produced in the gut, not the brain? This means that gut health and emotional state are closely connected. If you're stressed or distracted while eating, digestion and nutrient absorption can suffer.

Here are a few essential strategies to maintain mental balance while traveling:

Give yourself at least 15 minutes to eat – Rushing through meals can lead to poor digestion. Eating slowly helps your body process food more efficiently.

Chew properly – Thorough chewing allows digestive enzymes to break down food, improving nutrient absorption. If you don't chew well, many micronutrients (vitamins, minerals, and antioxidants) won't be properly absorbed and will essentially go to waste.

Create a positive eating environment – Your emotional state during meals impacts digestion. Try to eat in a calm environment, avoid eating while stressed or distracted, and engage in positive conversations.





THE THREE GOLDEN MINDSET RULES

- **Ditch the guilt** – Embrace the joy of nourishing your body without guilt, and remember that balancing nutrition also means valuing every bite.
- **Stay flexible** – Healthy eating doesn't have to be restrictive. Make the best choices available and don't strive for perfection.
- **Listen to your body** – Tune in to hunger and fullness cues. Eat when you're hungry, stop when you're satisfied, and enjoy every bite.

So, in a nutshell: Eating well while traveling isn't about being perfect—it's about being intentional. By planning ahead, making mindful choices, and getting creative, you can enjoy both the adventure and the nourishment your body needs. Prioritizing balance, being in touch with your body, and embracing a positive relationship with food will make staying healthy feel natural, not restrictive.



TRAVEL-FRIENDLY RECIPE: QUESADILLA FOR ANYTIME OF THE DAY

Ingredients:

- 1 whole grain/corn tortilla
- 1-3 eggs (level your hunger)
- 20 g hard cheese, grated
- ½ avocado, mashed
- 1 tomato, diced
- Greens of choice (e.g., spinach, arugula, cilantro)
- Salt and pepper to taste
- 1 tsp olive oil
- 50 g Greek yogurt or tzatziki sauce
- Additional protein options: chicken breast, canned tuna in brine, or tofu

Instructions:

1. Dice the tomato, mash the avocado, grate the cheese, and chop the greens. Whisk the eggs and season with salt and pepper.
2. Heat a pan and place the tortilla. Spread the egg mixture on top and cover for 2 minutes until set.
3. Add toppings to one half of the tortilla, fold, and cook for another 2-3 minutes.
4. Serve with yogurt/tzatziki and salsa.

For more nutritious, travel-friendly recipes, check out my cookbook *100 Recipes for Busy Lives*—available at kateguner.com/100-recipes-for-busy-lives/ ■



THE RISE OF
**REMOTE
THERAPY**

JESSICA HOLMES



It doesn't matter where in the world we go, our problems are gently tucked away in our cabin bags, ready to unpack and make themselves at home when we arrive.

We may find them easier to ignore when we're busy meeting interesting people, our taste buds are tingling with new and exciting cuisines, or we're heading off on fun excursions, but they have a way of rearing their ugly heads unless we deal with them.

Since the COVID-19 pandemic, there has been an increase in the global understanding around mental health and its impact on our day-to-day

lives. The pandemic also meant that many services that were previously primarily "in-person" moved online, including therapy. This was the catalyst that opened up the world of online mental health services—perhaps one of the few good things to come out of the pandemic.

Online mental health and wellbeing services such as counseling, life coaching, and hypnotherapy are increasing at un-

precedented rates—with a compound annual growth rate of 10.10%. Available online options include video call sessions, live-chat, text-based therapy, and voice calls, with some platforms catering specifically to nomadic needs, like stress management and work-life balance. Digital services are more convenient, as you can hop on a quick session with a therapist any time during the day or night rather than



Here are three platforms that you can check out straight away:

ONEBRIGHT
 Onebright offers a range of online therapy for all ages and locations at approximately \$145 per session. This was the only site I found with a page highlighting offerings for nomads: <https://onebright.com/advice-hub/news/digital-nomad-mental-health-challenges-online-therapy/>

BETTERHELP
 The world's largest online therapy service. They offer a wide range of therapy through messages, online chat, video, and phone calls, for all ages and locations at approximately \$70-\$100 per session.

TALKSPACE
 With 60,000 five-star reviews, Talkspace is one of the biggest remote therapy operators, with options starting at \$70 per session.

Prioritizing mental health is crucial for everyone—nomad or not. But it is increasingly important for nomads to manage our mental health better, due to the increased pressures we're facing. When we prioritize our mental health, we're ensuring we have a better experience in each place we travel, thereby increasing the longevity of our digital nomadism. And who doesn't want that? ■

MIND, BODY & TECH:

Gone are the days when a watch just told time. Today's wearable wellness devices track your steps, monitor your sleep, and even nudge you to breathe deep when life gets hectic. With AI-powered insights and real-time health data, these smart gadgets are like having a personal trainer, sleep coach, and wellness guru wrapped around your wrist—minus the judgmental looks when you skip leg day.

As demand for preventive and proactive health-care grows, venture capital is heavily investing in wearable wellness products. This funding is driving innovations in wearable tech with a focus on smarter, faster, and more comprehensive diagnostics to improve current products.

We all know health matters, but it's easy for it to slip down the priority list. Wearable wellness devices help bridge the gap by tracking fitness, sleep, and stress in the background, giving you useful insights without disrupting your day. Whether you're in back-to-back meetings or out on an adventure, these smart tools make it easier to stay on top of your well-being.



THE BEST WEARABLE WELLNESS PRODUCTS



1. WITHINGS SCANWATCH 2

Branded as *'The watch that changes lives,'* this one had us intrigued—and reaching for our wallets. It tracks sleep, heart rate, and temperature changes, giving you deeper insights into your body's needs. With a sleek design, 30-day battery life, and 5ATM water resistance, it's as practical as it is stylish—because good health should look good too.

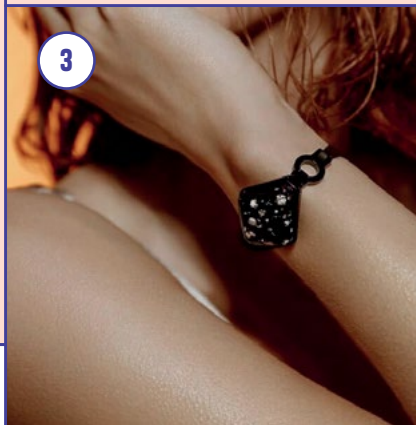


2. WHOOP BRACELET

The WHOOP health tracking device is not like other smartwatches. In fact, it isn't a watch at all. This 'health band' records your sleep data, tracks your heart rate, and helps you manage stress to attain your well-being and fitness goals. It can be worn on the wrist, upper arm, leg, or pretty much anywhere so long as it has good contact with your body—making it one of the most discreet options available.

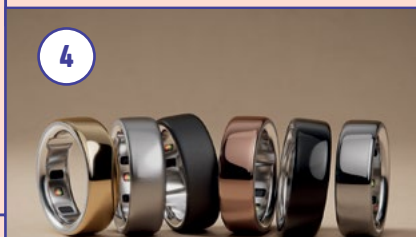
3. BELLABEAT WOMEN'S HEALTH TRACKER

Map your cycle, track your temperature, and ease the stress of navigating periods—whether you're planning a pregnancy or avoiding one. The Ivy+ bracelet, designed specifically for women, is discreet and fashion-conscious whilst providing an advanced level of tech. It monitors heart rate and activity levels, and also tracks mindfulness and wellbeing activities.



4. OURA RING

Health tracking at your fingertips...literally? 2024 was hailed as the year of the smart ring, but their reign is only just beginning. Oura has designed new health and wellness tracking rings that are discreet, modern, and stylish. With built-in skin temperature and movement sensors, and with data tracking 20 biometrics in real-time, the Oura Ring gives you profoundly deep health insights.



5. HOT NEW-COMER: INCORA HEALTH WOMEN'S EARRINGS

A wellness earring?! Yup. These are the first wearable earrings designed to provide insights based on your unique menstrual cycle. These earrings look stylish but they do a whole lot more than complement your outfit. They monitor your heart rate, sleep, and physical activity, whilst also analyzing data from your menstrual cycle. Not yet available to buy but launching this year; we're keeping our ears to the ground for their release!

STAY ON THE MOVE—BUT KEEP YOUR HEALTH IN CHECK

For us nomads, our wellness often takes a backseat to adventure, but this wearable tech makes it easier to stay on top of our health—no matter where we roam. Whether we're chasing deadlines in a café, catching flights, or exploring a new city, these smart devices really help! As wearable tech evolves, there are fewer excuses to neglect our well-being. After all, the best way to keep moving is to make sure our health keeps up with us! ■

Upcoming Digital
Nomad Events

January – Chiang Mai, TH

NOMADSUMMIT

The ultimate community get-together for digital nomads and remote workers who explore new opportunities, prioritise real-life connections, and are always up for an adventure.

@NOMADSUMMIT

NOMADSUMMIT.COM

August – Amsterdam, NL

MINDVALLEY UNIVERSITY

Mindvalley

Mindvalley University is a 21-day personal growth festival showcasing world-class talks, workshops and parties. Every year, their community of "Changemakers" hits a different city.

@MINDVALLEY

WWW.MINDVALLEY.COM

August – IE

NOMADÉIRE

NomadÉire is the Digital
Nomad Hub in Ireland

@NOMADEIRE

NOMADEIRE.COM

August – Las Palmas, ES

FitnessColiving

An entire month dedicated to sports and wellness activities that rejuvenate both body and mind.



@FITNESSCOLIVING

FITNESSCOLIVING.COM

January — Antarctica

Nomad Cruise



Discover Antarctica with
50 entrepreneurs and digital nomads.

@NOMADCRUISE

NOMADCRUISE.COM

October – Albufeira, PT

Nomad World Summit

Is a transformative experience for
digital nomads and remote workers
from across the globe.

@NOMADWORLDSUMMIT

THENOMADWORLD.ORG

October – Fukuoka, JP

COLIVE FUKUOKA

-20%
DISCOUNT CODE:
GOSSIP

Colive Fukuoka is a month-long pop-up coliving program in Fukuoka, Japan, where digital nomads live, work, and collaborate among a diverse community.

WWW.COLIVEFUKUOKA.COM

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CENTRAL ASIA

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FELLOW NOMADS

SLOW DOWN

CONNECT

BE IN
THE PRESENT
MOMENT

OBSERVE THE
LANDSCAPES OUT
OF THE TRAIN
WINDOW

VISIT BEAUTIFUL
CITIES

WORK & REST IN
NATURE

WE DESIGN THE
BEST ROUTES FOR
YOU



ALMATY - BISHKEK - TURKISTAN - SHYMKENT - TASHKENT - SAMARKAND - BUKHARA - KHIVA

GET \$50 VOUCHER
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NOMAD TRAIN

nomadtrain.co

NOMAD DIRECTORY



LEGAL

READY FOR LA DOLCE VITA? LET'S MAKE IT OFFICIAL.

Whether you're tracing your roots back to Nonno Giovanni or craving an EU base without losing your freedom, Silicani Innovative Partners is here to make the paperwork painless.

We specialize in:

- Italian Citizenship by Descent – If you've got Italian heritage, you might already qualify.
- Digital Nomad Visas Across Europe – From Lisbon to Barcelona, Milan to the Greek islands, we help you secure your legal right to work and roam freely.

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COLIVING

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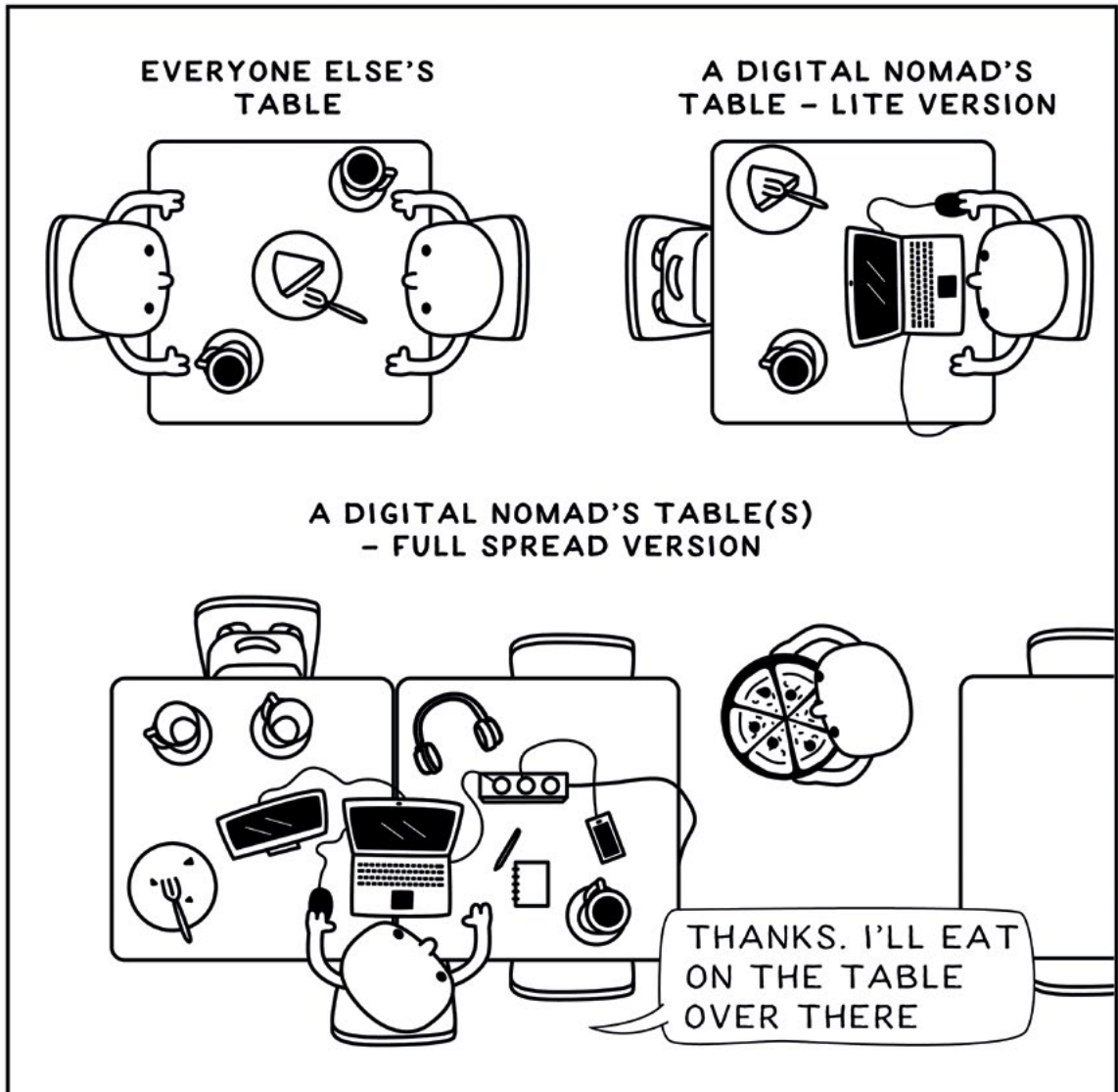
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Thanks for reading NGM and supporting us fellow nomads behind it. Before you get on with your enviable life, we have two questions for you...

1. Do you have an awesome product or service that our vibrant nomad community would love?

If you do, write us an email outlining your pitch to Lera@nomadgossip.com. NGM is willing and open to hearing all about it, and raring to strategically place your brand in the eager nomadic hands of those who matter most, in a cool, non-salesy way. You'll be featured both in our online magazine, as well as our physical printouts which you'll find in bookstores, cafes, hotels, coworking and coliving centers all around the world!

2. Are you a writer, or do you have a crazy beautiful idea for a featured article?

If so, you guessed it, write us an email to outline your pitch. Whether you're a seasoned writer specialising in all things digital nomad, or a fellow DN with an insightful article waiting to burst out of you, tell us about it! NGM is written for nomads, by nomads, and we'll welcome you with open arms. (Unless your article sucks. In that case, you'll have lost nothing but made new friends).

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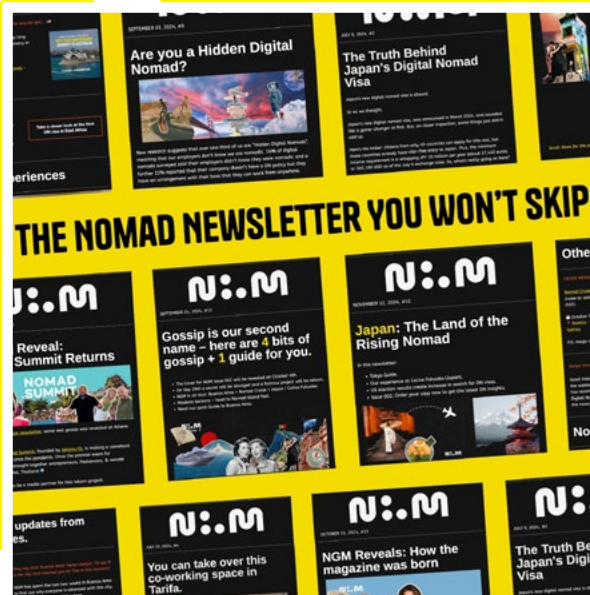
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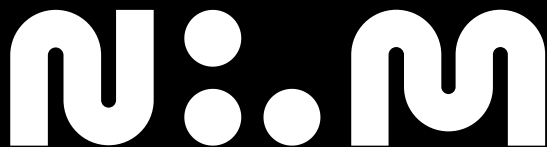
WITH JIMMY NARAINÉ

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Zoom wedding, anyone? Do you think this nomadic romance went too fast?

TOP 10 COLIVING OPTIONS FOR NOMADS

Join the conversation and be part of this growing movement! Whether you're already a nomad or dreaming of becoming one, this edition is your guide to building connections, exploring new horizons, and thriving within the digital nomad lifestyle.



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HOW TO BREAK THE ICE WITH NEW PEOPLE



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