

The 'Greying' Digital Nomad

Greg Whateley

March 2026

*The rise of remote work has made it possible for many Australians (me included) to **work from anywhere**, whether that is the seaside (sea change), a bustling city (urban migration), or even the bush (tree change). This flexibility has given birth to the **digital nomad** lifestyle, where people use technology to earn a living while travelling or living in different locations. Digital nomads often rely on laptops, Wi-Fi, and cloud-based tools to stay connected and productive, essentially, making the world their office.*

*This shift means greater work-life balance and the opportunity to explore new environments without sacrificing their careers. While there are **challenges** - time zone differences and finding reliable internet - the appeal of freedom and adventure continues to attract more people to this way of working. The digital nomad lifestyle is becoming an increasingly popular choice across Australia (and beyond).*

The challenge

The challenge was laid down - *again*. I, a 'digital immigrant' (someone who reluctantly joined the digital revolution by necessity) wanted to re-experience the notion of being a **digital nomad** working from anywhere (**WFA**) and decided to choose remote locations this time (Paris, Dublin and Rome) as part of my ongoing experiments – I use the term 'remote' loosely in this instance.



Getting organised prior to departure

The adventure begins with the careful inclusion of the essential technologies for the experiment – a laptop (with the appropriate accesses) - in this case a *Leader* - 11th Gen Intel(R) Core(TM) i7-1195G7 @ 2.90GHz (2.92 GHz); a Logitech wireless *mouse* and *keyboard* combination; a Logitech BCC950 Conference *Camera*; large event *calendar* (old school); *iPhone*; a *notebook* (also old school); a *tri-screen*; and Paris, Dublin and Rome underground *mousepads* (not essential, but provides great comfort when you are looking to find your way around the city).

In some ways *so simple* – despite having to jettison a few bits of clothing to ensure falling below the maximum baggage allowance – the *preparation is very straightforward*.



Getting organised on arrival

On arrival it is essential to quickly establish a workspace with good light and access. A reliable **WIFI connection** is crucial, and most rental apartments or hotels offer this, making it the top priority when choosing accommodation. For an emergency scenario the closest WEWORK (or equivalent) options have been identified – just in case. These facilities are dotted throughout the CBD of most large cities and provide a most useful fallback in case the planned resources cause any trouble. A virtual office will set you back about AUD\$1500+ a month – not a bad option to be honest.



Getting your head around the time difference

Real time interaction is important - and this is achieved through email, sms, WhatsApp, TEAMS and Zoom. The immediacy of response is always impressive – and this makes a major contribution to avoiding any sense of isolation.

This challenge is not particularly difficult – the constant reference to time calculation, on the other hand, is a *challenge* (at times annoying) – but quite doable. The laptop is best set for Sydney/Melbourne time – and the mobile phone and apartment clock settings are best set for Europe time. This assists enormously. Daylight saving in Australia ends on April 5, 2026 – with time differences in Europe of 9/10 hours – *just adding to the complexity*.

Reflections of a ‘not so new’ digital nomad

In all, good **preparation** is the key. The establishment of a **workspace** is very straightforward. Natural lighting is important, though this can be augmented with artificial lighting (lamps and the like) to quite a good level for video conferencing. Good speed **WIFI** is essential – and is usually not an issue. Adjusting to the different **time zone** can be straightforward. Ideally landing in places on a weekend is a solid and useful step. This gives time to adjust the body clock ready for operations on Monday morning. This is highly recommended.

In all – I highly recommend the notion of WFA. The life of a digital nomad is not as remote as one might initially think.

Worth watching – Travelling with a greying digital nomad (*MBA TV Aus*) - [Travelling With A Greying Digital Nomad MBA TV AUS - Professor G](#)

Worth reading – WFA – Working from anywhere and the digital nomad (*Musicum20*) – [Working From Anywhere Formatted](#)



Emeritus Professor Greg Whateley is currently Executive Dean at the *Sydney International School of Technology and Commerce* (SISTC) – Sydney, Parramatta and Dandenong. He has worked in four States, five countries, and is a visiting professor in Thailand and Italy – so no stranger to travel. [Greg Whateley – SISTC](#)