

# Technology Changes How Migration Feels

María José Iglesias

**BEFORE YOU READ:** Think about the words *synchronous* and *asynchronous*. What are some examples of these terms in your communications with friends? What about in your studies?

## Technology Keeps Us Connected

When we talk about technology, we think about machines. Machines seem cold and impersonal. But sometimes, machines are not like that. Sometimes they create something warm. They help us feel better. They help us feel less alone, especially when we have moments of loneliness and nostalgia.

I am from Chile. I know many people who have emigrated to other countries. They are trying to find a better life for themselves. Although they all have different experiences, there is something that is the same for all of us. We all have memories of what we left behind.

This is where technology can help. It can change what it means to be a migrant. Migration is not all or nothing. Technology helps us connect our new path with the one we left behind. We can walk forward on our path and maintain a link with our roots. This is good for our emotional stability and our mental health.

## No More Phone Cards and Waiting for Letters

What type of technology am I talking about?

I am talking about tools that link us, such as social networks and communication software for chatting. These allow *synchronous* and *asynchronous* contact with people. This is a big difference from the 1990s when you sent a fax

or used a phone card to keep in touch. And before that, you had to send a letter, and you had to wait weeks or months for a reply. When you said goodbye to your family, you might think you would never see them again. With today's technology, you know you can see them. Maybe only on a screen, but at least you can see them.

## We Feel Less Lonely

How do these tools help? We feel better when we can talk in real time with our loved ones. We feel less lonely when we have a connection with people who are important to us. Additionally, it is good to be able to speak in our native language. We can speak easily and comfortably about whatever we want.

The migration process is difficult. But there are tools that help us feel connected to our homes. We can be on a new path but be connected to our roots.

**AFTER YOU READ:** Change the title of this article into a question and then answer the question based on what the author shares in her story.

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