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In this study, we analyze the IT and media usage impacts on the mobility of Nepalese immigrants currently living in Portugal. In particular, we detail the messaging/media effects on their attitudes, perceptions or understandings about mobility, and their migration or re-migration plans, as well as forced stillness. Additionally, we address mobility and inclusion topics, such as migrant-led journalism initiatives by Nepalese immigrants in Portugal, access to Covid-19 pandemic informative materials online by the Nepalese in Portugal, and the forced collective quarantines of different groups of Nepalese workers around the country, during the year of 2020. This is a qualitative and quantitative research, combining participant observation, the field diary and ethnographic method, with semi-structured interviews to 30 Nepalese immigrants in Lisbon and 30 Nepalese immigrants in other regions of Portugal, as well as further informations collected from 50 online questionnaires to Nepalese immigrants all over the country, during the lockdown, in the Autumn of 2020. We describe, in detail, how IT, new platforms, journalism initiatives and media are changing the ways that Nepalese migrants and their receiving community experience and respond to mobility, and with what ethical and practical implications. We further draw conclusions on how Nepalese migrants contribute to, challenge and reshape both messages' content and their delivery. Finally, we analyze platforms associated with decision-making and communicating all kinds of informations – personal, social, news as well as public health/Covid-19 informations.