

A person with long hair is looking out of an airplane window. The view outside the window shows a blue sky with white clouds. The person is holding a smartphone in their hand.

WHAT'S YOUR RETIREMENT ADVENTURE STYLE

QUIZ & GUIDE

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FIND OUT WHAT YOUR DREAM OF SLOW TRAVEL RETIREMENT LOOKS LIKE.

Welcome! This short quiz is designed to help you envision your ideal travel retirement. It's not about right or wrong answers—it's about discovering what truly excites you.

Simply read each question and use the fillable checkboxes to select the answer that feels most like you.

Once you're finished, we'll help you tally your results and find your unique Retirement Adventure Style.

ADVENTURE STYLE

Check the box next to the answer that best describes you.

1

When you envision your ideal day in retirement, which of these scenes comes to mind?

☐

Strolling through a bustling market, discovering a new local cafe, and people-watching from a park bench.

☐

Waking up to the sounds of nature, lacing up your hiking boots, and exploring a new trail.

☐

Unearthing history at a museum, attending a local concert, and learning a few phrases in a new language.

☐

Relaxing by the water with a good book, enjoying a long, leisurely meal, and letting the day unfold.

2

What's your comfort level with the unexpected?

☐

I love it! The best moments happen when you get a little lost.

☐

I like a balance of adventure and predictability. A little chaos is good, but I need a solid plan.

☐

I prefer to have things planned out, from my route to my reservations.

☐

I'm ready for anything, as long as it's relaxing and doesn't require too much effort.

ADVENTURE STYLE

Check the box next to the answer that best describes you.

3

In an international market, what are you most likely to be searching for?

☐

A unique souvenir to remember your trip.

☐

Fresh ingredients for a meal you'll cook later.

☐

A conversation with a local artisan about their craft.

☐

A quiet corner to sit and enjoy the atmosphere with a cup of coffee.

4

What would your ideal travel "base" look like?

☐

A cozy, centrally located apartment in a vibrant neighborhood with plenty of cafes and restaurants.

☐

A small cottage or cabin with a view, close to hiking trails and natural beauty.

☐

A historic home or flat in a culturally rich city, a short walk from museums and theaters.

☐

A tranquil beachfront bungalow or a lakeside retreat.

ADVENTURE STYLE

Check the box next to the answer that best describes you.

5

What's one skill you would most like to pick up in retirement?

☐

The ability to find the best local spots and hidden gems anywhere.

☐

Navigating with a map and compass without a smartphone.

☐

Speaking another language or becoming an expert on a foreign culture.

☐

The art of "doing nothing" and truly relaxing.

Tally Your Results

Instruction: "Now, go back and count how many of your answers were A, B, C, or D. Then, enter your totals in the boxes below."

Total "A"

Total "B"

Total "C"

Total "D"

Your highest total represents your primary Retirement Adventure Style. Read about it on the next page!

THE ADVENTURE STYLES & MINI-GUIDES

Your Results: The Four Retirement Adventure Styles Find your highest-scoring category below to discover your personalized travel style and get your Quick Start Guide.

- A - The City Wanderer
- B - The Nature Nomad
- C - The Cultural Explorer
- D - The Serenity Seeker



THE CITY WANDERER

YOU ARE:

The person who loves to feel the pulse of a place.

You find comfort in vibrant streets, new cultures, and the idea of becoming a "local" in a foreign city.

Your slow travel dream is a kaleidoscope of sights, sounds, and flavors, not a single, static destination.

YOUR SECRET WEAPON

Your ability to find and embrace the "third place."

This isn't your home or your primary destination—it's that one local coffee shop, park bench, or library where you feel at ease.

It's the place you return to again and again, where the barista knows your order and the city truly begins to feel like home.

YOUR FIRST STEP

Start a "Local Lens" project. Pick a neighborhood in your own city you've never truly explored.

Over a single weekend, commit to documenting it with your phone's camera, but with one rule: you are not allowed to photograph any famous landmarks or tourist spots.

Instead, take pictures of a worn-out bench, a street artist's chalk drawing, or a single pot of flowers on a windowsill.

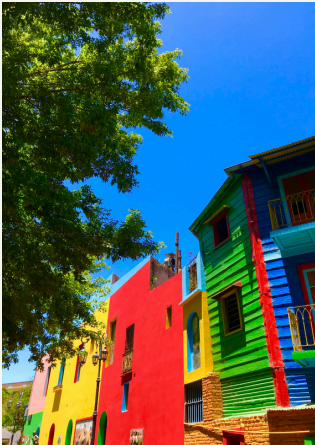
This practice will train your eye to see the small, rich details that make a place unique, a skill you'll use every single day as a city wanderer.

YOUR TOP3 DESTINATIONS



TOKYO, JAPAN

This city may seem overwhelming, but for a City Wanderer, it's a paradise. Its world-class public transportation and legendary safety make it incredibly easy to navigate. Each neighborhood—from the trendy Shibuya to the historic Asakusa—feels like a city within a city, offering endless possibilities for discovery and no shortage of new restaurants and hidden temples to explore.



BUENOS AIRES, ARGENTINA

Known as the "Paris of South America," Buenos Aires offers a European feel with a Latin twist. Its neighborhoods, or barrios, have distinct personalities, from the tango-filled streets of San Telmo to the intellectual cafes of Palermo. This city is perfect for a deep dive, allowing you to learn tango, immerse yourself in the culture of a local café, and truly live the urban life at a relaxed pace.



PRAGUE, CZECH REPUBLIC

A fairytale city that's surprisingly affordable, Prague is a hub for history and culture. The historic center is highly walkable, with efficient public transport to get you to every corner of the city. As a City Wanderer, you'll love its rich artistic scene, countless museums, and the simple joy of people-watching from a riverside café.

THE NATURE NOMAD

YOU ARE:

The person whose heart yearns for wide-open spaces and the quiet majesty of the natural world.

Your idea of a perfect day involves a challenging hike, the serenity of a remote landscape, and the feeling of accomplishment that comes from conquering a new trail.

You don't just want to see nature—you want to be immersed in it.

YOUR SECRET WEAPON

Your strength lies in your profound ability to find stillness in motion. You don't need an adrenaline rush to feel alive; you find your energy in the quiet rhythm of the trail.

Your "aha" moment is when you realize your body is a reliable and powerful machine, capable of carrying you to places a car or plane can never reach. You are not a tourist passing through nature; you are an active participant, and the very act of moving through the landscape connects you to it on a visceral level.

YOUR FIRST STEP

Plan and execute a solo "micro-adventure." Find a local nature preserve or park and choose a trail you've never walked. Pack a small backpack with a journal, a thermos of tea, and a simple snack.

The goal isn't to hike far, but to practice the art of being alone and present in nature. Sit on a log for 15 minutes without your phone, simply observing the sights and sounds around you. This is the first, most important step to becoming comfortable with the solitude and introspection that defines a true Nature Nomad.

YOUR TOP3 DESTINATIONS



NEW ZEALAND

Often called the "hiking capital of the world," New Zealand offers a diversity of landscapes that will astound you, from snow-capped mountains to lush rainforests. You can embark on one of their famous "Great Walks," like the Abel Tasman Coast Track, which is known for being accessible and well-maintained, allowing you to hike at your own pace without sacrificing the stunning views.



COSTA RICA

The ultimate destination for biodiversity, Costa Rica is a sensory overload in the best way. With half a million species of wildlife and a culture of "Pura Vida" (pure life), it's a place to slow down and reconnect. You'll find well-defined trails and eco-lodges in protected areas that allow for close encounters with nature without needing to be a hardcore survivalist.



NORWAY

Home to some of the most dramatic fjords and mountain landscapes on earth, Norway offers a powerful sense of scale and peace. For the Nature Nomad, the country's extensive network of hiking trails provides an opportunity to explore remote beauty. You can also combine hiking with relaxing fjord cruises to take in the breathtaking scenery at a more leisurely pace.

THE CULTURAL EXPLORER

YOU ARE:

The eternal student. You believe that travel is the best classroom, and you are driven by a hunger to understand history, art, language, and the traditions of a place.

Your ideal retirement isn't about ticking off landmarks—it's about tasting local food with a family, learning a craft from a master artisan, and diving deep into a new way of life.

YOUR SECRET WEAPON

You don't just see a place; you seek to understand it. While others read guidebooks, you read up on history, watch documentaries, and learn basic phrases.

Your "aha" moment comes not from a scenic view, but from a shared conversation or a new understanding of a local custom that bridges the gap between tourist and traveler.

YOUR FIRST STEP

Start a "One-Dish Deep Dive" project. Choose a single, iconic dish from a country that fascinates you, like Japanese ramen, Mexican mole, or Italian lasagna. Don't just look up a recipe; make it a mini-research project.

Watch videos of locals making the dish, learn about its regional variations and historical origins, and then source and cook it for yourself from scratch. The act of preparing and tasting that food will give you a tangible connection to the culture's history, geography, and traditions.

This exercise will teach you how to see food not just as a meal, but as a living story of a place and its people.

YOUR TOP3 DESTINATIONS



ITALY

With a history spanning millennia, Italy is a treasure trove of culture. From the ancient Roman ruins to the Renaissance masterpieces of Florence and the vibrant culinary traditions of the south, it's a place where every corner tells a story. You can easily enroll in a language school for a month or take a cooking class in a Tuscan villa to truly immerse yourself.



JAPAN

A country where ancient traditions and a futuristic society coexist in harmony, Japan is a fascinating study in contrasts. You can master the art of the tea ceremony, visit centuries-old temples, and marvel at world-class modern art. Japan's impeccable train system makes it easy to explore diverse regions at your own pace, from the temples of Kyoto to the bustling metropolis of Tokyo.



MEXICO

Rich in history and a vibrant tapestry of indigenous and Spanish cultures, Mexico is far more than just its beaches. You can explore the ancient Mayan ruins of Chichen Itza, wander the colorful streets of Oaxaca's Day of the Dead festival, and learn about the intricate traditions of pottery and weaving from local artisans. Its affordable cost of living allows for an extended, immersive stay.

THE SERENITY SEEKER

YOU ARE:

The one who has spent a lifetime working and is now ready to reclaim your time and peace of mind.

Your dream is to wake up without an alarm, spend your days with no itinerary, and let the gentle rhythm of a new, tranquil place guide you.

Your goal isn't to do more, but to be more.

YOUR SECRET WEAPON

Your greatest strength is the ability to do nothing.

While others feel a constant need to be busy, you have mastered the art of leisure.

Your "aha" moment isn't about discovery, but about the profound realization that a simple life in a beautiful setting is the ultimate reward for a life of hard work.

YOUR FIRST STEP

Practice intentional relaxation at home.

Schedule a full day with no appointments, no to-do list, and no screens. Spend the day reading, meditating, or simply sitting in silence.

This will prove to you that you're ready for the peaceful, slow-paced life you dream of.

YOUR TOP3 DESTINATIONS



BALI, INDONESIA

Beyond its tourist hubs, Bali is a spiritual and peaceful haven. From the lush rice paddies of Ubud to the quiet beaches of its coast, the island is rich with wellness retreats, yoga studios, and a culture of tranquility. Its serene atmosphere and welcoming locals make it the perfect place to simply relax, read, and reflect without any pressure to "do" anything.



THE GREEK ISLANDS

While some islands are known for partying, others offer a pace of life that is impossibly slow and charming. Islands like Crete and Corfu provide a calm and beautiful setting for a long-term stay. You can spend your days savoring leisurely meals, wandering through quiet villages, and simply enjoying the sun and the sea.



THE PACIFIC COAST OF COSTA RICA

With its laid-back vibe and lush, natural beauty, the Pacific coast offers a perfect escape. Small towns like Nosara and Tamarindo are known for their wellness communities and a culture of surfing and yoga. It's a place where you can find a quiet bungalow, get into a healthy routine, and let the sounds of the jungle be your morning alarm.



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WHAT'S YOUR FIRST STEP?

No matter your adventure style, the first step is always the same: start planning.

We believe the dream of retirement travel is closer than you think.