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**JUST GO AND HAVE FUN, WOMEN!**

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F5 Escapes, a travel company launched 'Just Go!' - A series of conversations on women and travel, recently. The first event in the series titled 'I want to break free' was held on the same day and included discussion on the typical inhibitions women have about travel, and measures to overcome the same.

The panel featured a few women, who had shed their inhibitions and travelled alone. These women shared their inspirational stories and discussed the fears that women tend to have, and a few ways to address them. The panelists included Hema Narayanan – photojournalist and writer; Sudha Mathew - entrepreneur (goseekandhide.com). The session was moderated by the popular travel enthusiast and blogger, Anita Bora. The panel discussion was followed by an interactive session, where the panelists answered the queries of the lively audience.

"Don't worry; the other person is not thinking of us. Just GO," said Bora. One of the thought-provoking suggestions given by the panelists includes, "Divide your life pie into multiple pieces, and the biggest pie is you. All that you want to do fit in here." The discussion focused on the following areas: the mindset of women, family, work & travel, budget, food and dietary restrictions, and most importantly, safety. F5 Escapes is a start-up in the experiential travel space, specializing in all-women travel. They provide group travel experiences and customized itineraries for women groups and families.

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