



# SAILOR FOR A DAY MEDIA PROGRAM

This Sailor could be **YOU!** →

Join the U.S. Navy for a once-in-a-lifetime opportunity at Naval Station Norfolk, where you will follow in the footsteps of your **Hometown Heroes**



# An exclusive **3-DAY** opportunity for hands-on coverage of the U.S. Navy



## SAILOR FOR A DAY

### WHAT YOU'LL DO...

- Dress, talk and eat like a Sailor
- Meet hometown Sailors
- Learn from Navy leaders
- Gain hands-on Navy experience
- Capture "made for TV" experiences
- Connect local interests with Navy missions

### WHAT YOU MAY SEE...

- Aircraft Carriers
- Surface Warfare Ships
- Amphibious Assault Ships
- Submarines
- Fighter Jets
- Helicopters
- Training Simulators

## Once-in-a-lifetime **EXPERIENCE**

Learn how the Navy operates under, on and above the sea.



This Sailor could be from **your hometown!**  
Perfect opportunity for sweeps and social media.

## Create exclusive **CONTENT**

Connect critical Navy missions with local interests and issues.

## SAMPLE SCHEDULE OF EVENTS

**\*\*Actual schedule may vary\*\***

### DAY 1

Learn to be a Sailor  
Visit a Navy ship and submarine  
Try out water survival training  
Fly in a Navy helicopter

### DAY 2

Train with Maritime Security Forces  
Ride in a Navy hovercraft  
Spend the night on an aircraft carrier at-sea

### DAY 3

Explore aircraft carrier operations on an aircraft carrier





# SAILOR FOR A DAY – GET INVOLVED

## PREVIOUS MEDIA COVERAGE

[CLICK below to see stories](#)



MacLeod Hageman, NBC 26 Green Bay

"I have to say the best part of this experience was really connecting with Sailors!"



Steve Price, CBS 8 San Diego

"I appreciate the Navy giving CBS 8 this chance to glimpse the fantastic work our Sailors do every day!"



Wendi Lane, ABC Tampa Bay

"What an unforgettable week getting a glimpse of the U.S. Navy! Including completing underwater survival training in a full flight suit, flying in a Seahawk...!"

## SIGN UP TODAY!



**Interested in this amazing media opportunity? Contact us:**

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