



Edward R. Murrow Program for Journalists: **Investigative Reporting**

A Regional Project for Europe

San Diego

September 24 – September 27, 2025

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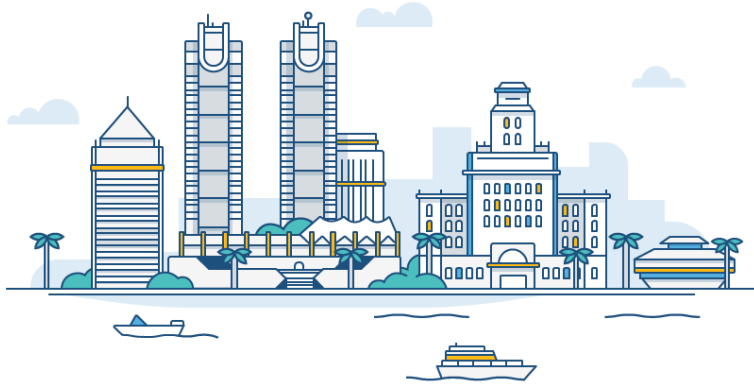
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(619) 238-1818

Local Transportation
Sureride Inc.
(619) 517-5283
www.surerideinc.com

Welcome to San Diego!



We hope you enjoy your visit to San Diego and that this professional exchange program coordinated by the **San Diego Diplomacy Council** helps to positively impact your understanding of American culture and society.

Join our social media networks to stay connected!

During your stay, share photos and/or stories about your experiences!

Website:

www.sandiegodiplomacy.org

LinkedIn:

@ San Diego Diplomacy Council

Facebook:

www.facebook.com/SD.Diplomacy

Instagram

@sd_diplomacy

You are a member of a lifelong community of over 15,000 individuals across the globe! Join our Alumni group to keep updated on international opportunities and stay in touch with fellow alumni!

www.facebook.com/groups/SDDCExchangeProgramAlumni

Before your visit, we recommend downloading Maps.me. This is a free app that allows you to use maps without an internet connection.

Your Program at a Glance

Wednesday, September 24	Thursday, September 25	Friday, September 26	Saturday, September 27
12:46 PM DL2125 Arrival in San Diego <i>*tentative schedule, exact details subject to change*</i>	9:30 – 10:30 AM Virtual Closing 11:00 AM – 1:30 PM Lunch in Little Italy 2:00 – 3:00 PM Meeting with Brooke Binkowski 3:00 – 4:00 PM inewssource 4:30 – 6:00 PM School of Journalism and Media Studies at San Diego State University	8:30 – 11:00 AM La Jolla Country Day School 11:00 AM – 12:00 PM Lunch with LJCDS Students 12:30 – 4:00 PM Miramar Air Show	International Departures from San Diego



Wednesday, September 24

12:46 PM DL2125

Arrival to San Diego

“Welcome to San Diego! We hope you have a pleasant stay in our beautiful city. We welcome your thoughts and comments about our program, your trip, and your overall impression of your experience in the United States.”

-SDDC Programming Team

Airport Transfer: Chauffeur - Eveny R. (619) 247-7984

Check-In at the Westgate Hotel

Please take a moment to check into your hotel. You will have the rest of the day to settle in and explore. We recommend exploring Liberty Station, Ocean Beach, Shelter Island, or Mission Bay, which have many fantastic restaurant options. See options below.

Recommended Restaurants Near Hotel

Gaslamp Quarter:

Tacos El Gordo – 532 Fourth Ave. Counter-serve Mexican tacos, open late and always bustling with a sizeable line at peak times.

Trailer Park After Dark - 835 Fifth Ave. Underground American comfort food and beer, created to look like a trailer park.

Sadaf Restaurant - 828 Fifth Ave. Kebabs and other Persian cuisine with many vegetarian options.

Café Sevilla - 353 Fifth Ave. Spanish restaurant with tapas style sharing plates, live music, and a great atmosphere. Open until late.

Little Italy:

Morning Glory – 550 W Date St Suite #C Breakfast and lunch spot with creative takes on global classics.

Isola Pizza Bar - 1526 India St. Pizzeria with Neapolitan-style pies & small plates.

Civico 1845 - 1845 India St. Modern Italian cuisine with plenty of vegan options in a comfortable and friendly environment. A favorite of ours!

Buon Appetito Restaurant - 1609 India St. Trattoria with large Italian dishes paired with bottles from neighboring wine bar.

The Kebab Shop - 303 W Beech St. Counter-serve chain offering kebabs, shawarma & other Turkish-Mediterranean items. Halal and Vegetarian options available.

Seaport Village:

The Cheesecake Factory - 789 W Harbor Dr. U.S. chain restaurant offering large portions from a large menu including pastas, burgers, pizzas, seafood and meats. Also offers many different types of cheesecakes. Vegetarian options available.

Edgewater Grill - 861 W Harbor Dr. Indoor-outdoor waterfront restaurant serving American seafood dishes.

Hi Poke - 789 W Harbor Dr. Quick-serving eatery offering custom poke bowls & burritos.

Thursday, September 25

9:30 – 10:30 AM Virtual Closing

Location: Westgate Hotel

10:40 AM Please meet in the lobby to depart the hotel and begin your day of activities

Chauffer: Nathi (619) 929-2534

11:00 AM – 1:30 PM Lunch in Little Italy

1:40 PM Please board the bus for transportation to your next meeting

2:00 – 3:00 PM Ensuring journalistic accuracy with Brooke Binkowski

Location: Voice of San Diego Office
1855 1st Ave, 3rd Floor, San Diego 92101

Brooke Binkowski is an investigative journalist with the Voice of San Diego. Brooke has long covered issues in accurate reporting and frequently teaches courses on countering it through sound investigative reporting.

Meeting Focus: Brooke will discuss with participants how to effectively counter inaccurate information through journalism and promote a more credible and accountable community.

Brooke Binkowski

3:00 – 4:00 PM inewsource

Location: inewsource Office
1855 1st Ave, 3rd Floor, San Diego 92101

inewsource is a nonprofit, nonpartisan newsroom dedicated to improving lives in the San Diego region and beyond through impactful, data-based investigative and accountability journalism. Launched in 2009, inewsource provides tools and resources to support local investigative journalism and promote active engagement with democracy.

Meeting focus: inewssource's managing editor will discuss the organization's efforts to promote a healthy local investigative journalism ecosystem and its importance for accountability in the community.

Jamie Self

Managing Editor

jamieself@inewssource.org

4:30 – 6:00 PM

San Diego State University School of Journalism and Media Studies

Location: San Diego State University Gateway Center 2532
Campanile Mall, San Diego, CA 92182

Topic: Media ethics, information accuracy, and journalism education
The School of Journalism and Media Studies (JMS) at San Diego State University is a nationally recognized program that prepares students for careers in journalism, public relations, and digital media with a strong foundation in ethics, information literacy, and responsibility. The school conducts interdisciplinary research on the role of media in society, with particular emphasis on digital communication, media effects, and audience behavior.

Meeting Focus: Professors from SDSU JMS will discuss with participants how they are educating the next generation of journalists and media professionals to uphold media ethics and strive for information accuracy.

Friday, September 26

8:00 AM

Please meet in the lobby to depart the hotel and begin your day of activities
***NOTE: Please bring your passports for the afternoon activity**

Chauffeur for the day: Nathi (619) 929-2534

8:30 – 11:00 AM

La Jolla Country Day School

La Jolla Country Day School (LJCDS) is an independent college-preparatory K-12 school. Known for its rigorous and holistic academics, innovative programs, and strong emphasis on character development, LJCDS is preparing the next generation of creative critical thinkers and global citizens for success in college and beyond. The Center for Excellence in Citizenship provides opportunities for students, faculty, and families to learn about and engage in local, national, and global citizenship. The center fosters community engagement

and civil discourse, focusing on human dignity and empowering individuals to be thoughtful participants in their communities and the world.

Meeting Focus: Participants will meet with students in their classes to discuss how their curriculum is addressing the impact of social media and new forms of communication on the next generation of engaged citizens.

Jonathan Shulman

Director, LJCDS Center for Excellence in Citizenship

jshulman@ljcds.org

(858) 395-2912

11:00 AM – 12:00 PM Lunch with La Jolla Country Day Students

12:10 PM Please board the bus for transportation to your next activity

12:30 – 3:30 PM Miramar Airshow

Location: Marine Corps Air Station Miramar - Enter at the West Gate at the intersection of Miramar Rd and Miramar Way (across from the McDonalds). Note that there is bus parking available inside, and going in and out to drop off and pick up will be difficult.

The Miramar Air Show is one of the largest annual military air shows in the United States, famous for aerobatic performances, static aircraft displays, and demonstrations by the U.S. Marine Corps, Navy, Air Force, and international military teams. The show typically features the U.S. Marine Corps' aviation units, including the iconic F-35B Lightning II and the AV-8B Harrier, as well as civilian aerobatic teams and vintage aircraft, attracting hundreds of thousands of visitors each year for a celebration of military aviation and community engagement.

4:00 PM Please board the bus for transportation back to the hotel

Saturday, September 27

Depart hotel for San Diego International Airport

Please ensure you are aware of the time of your departing flight. Coordinate directly with the liaisons should you need assistance.

“We hope you have enjoyed your visit to San Diego. Please let us know if you have any questions or comments about your visit. Be sure to stay in touch with those you met here in San Diego by visiting our website at www.SanDiegoDiplomacy.org and by staying connected with us on social media! Have a safe, enjoyable trip.”

- SDDC Programming Team

Suggested Cultural Activities

San Diego Zoo

www.sandiegozoo.org

Price: \$65 for one Adult Ticket purchased online in advance; \$67 at the ticket counter

The 100-acre (40-hectare) Zoo is home to over 3,700 rare and endangered animals representing more than 650 species and subspecies, and a prominent botanical collection with more than 700,000 exotic plants.

Farmers Markets

Tuesday—Coronado, Wednesday—Ocean Beach, Thursday—Linda Vista and North Park, Friday—La Mesa and Imperial Beach, Saturday—Little Italy and Del Mar; always free! Enjoy foods from all over the world, arts/crafts/jewelry, live music, local produce and goods.

Harbor Cruise

www.sdhe.com

Price: \$32 for one Adult Ticket for a one-hour narrated tour (south bay or north bay routes); \$37 for a full bay two-hour narrated tour which covers it all: ships of the Maritime Museum, Harbor and Shelter Islands, North Island Naval Air Station, the Submarine Base, as well as the Coronado Bridge, and more. The full bay tour is about 25 miles in length. Accessibility: The tour begins and ends at the same location downtown along Broadway Pier.

USS Midway Museum

www.midway.org

Price: \$26 for one Adult General Admission Ticket (\$1 discount when purchased on-line).

Visitors to the USS Midway Museum enter a floating city at sea and walk in the footsteps of 225,000 Midway sailors who served the U.S. Guests can spend the day exploring more than 60 exhibits with a collection of 30 restored aircraft. The self-guided audio tour, narrated by Midway sailors, brings the carrier's history to life.

Balboa Park

www.balboapark.org

Home to 17 major museums and cultural institutions, renowned performing arts venues, beautiful gardens and the San Diego Zoo, Balboa Park has an ever-changing calendar of museum exhibitions, plays, musicals, concerts, and classes—all in the beautiful and timeless setting of this must-see San Diego attraction.

Coronado

<http://coronadovisitorcenter.com>

<https://www.sandiego.org/explore/things-to-do/beaches-bays/coronado.aspx>

A drive across the 200-foot-tall Coronado Bridge treats you to one of the best views in all of San Diego, as you descend upon the charming and picturesque oceanfront community of Coronado. Coronado Central Beach runs along Ocean Boulevard with a backdrop of fine homes and mansions and the Hotel del Coronado at the southern end.

Cabrillo National Monument & Point Loma Lighthouse

<https://www.nps.gov/cabr/index.htm>

Price: Individual Permit \$10/person.

A visit to Cabrillo National Monument offers tremendous views of the San Diego region and excellent opportunities to explore the natural and cultural history of the area. A short walk leads to the Old Point Loma Lighthouse. Other hiking trails offer views of the harbor and city of San Diego and are particularly

pleasant during the spring when wildflowers bloom. Whale watching and tide pools are also great options.

SeaWorld San Diego

www.seaworldparks.com/en/seaworld-sandiego

Price: \$99.99 for one Adult Ticket (discounted to \$69.99 when purchased online in advance for a specific date)

Come celebrate the wonders of the sea at SeaWorld San Diego. Experience the Orca Encounter, Dolphin Days, and Sea Lions Live shows and thrilling rides like Electric Eel, Manta, and Journey To Atlantis. Feed and touch dolphins and get up close to beluga whales, polar bears, sharks and penguins.

Naturalist-Guided Whale Watching Boat Rides

Go whale watching in San Diego with an ocean expert from Birch Aquarium at Scripps. Amazing views, listen to whale and dolphin sounds, and guaranteed whale sightings. Reservations required. (619) 234-4111. Times 9:45 am - 1:15 pm and 1:30 pm - 5:00 pm. Tickets cost approximately \$38 weekdays and \$43 weekends. [Whale Watching in San Diego](#)

Old Town Harney Street Market

10:00 am – 4:30 pm, Saturdays and Sundays

San Diego's largest weekly Artisan Market featuring handmade works from local artisans. The market includes such items as jewelry, photography, pottery, clothing, paintings, hand-painted glass, and more. https://www.oldtownsandiego.org/old-town-events/?mc_id=31980

Hiking Options

Torrey Pines

Location: 12600 N Torrey Pines Rd, La Jolla, CA 92037

Here are a number of trails you can take within the Torrey Pines hike, including ones that lead down towards the ocean! All of the trails include beautiful views of the Pacific Ocean.

<https://torreypine.org/home-2-2/reserveinfo/trails/>

Cowles Mountain

Location: 7001 Golfcrest Dr, San Diego, CA 92119

Length: 3 miles out and back

This hike can take up to 2 hours to complete. It is considered a more moderate hike so be sure to wear sturdy shoes and pack sunscreen! At the top of the mountain, you will be able to see a beautiful panoramic view of San Diego on a clear day. This is a very popular hike so it may be best to go in the morning or evening.

<https://www.alltrails.com/trail/us/california/cowles-mountain-trail>

Bayside Trail

Length: 2.4 miles

This trail has a beautiful view of San Diego's Downtown, Coronado, and Tijuana.

<https://www.nps.gov/cabr/learn/bayside-trail.htm>

Coastal Trail

Length: 1 mile

On this trail, there are a few steep slopes but in general it is known to be easy/moderate. There is also access to the tidepools where if you take the time you'll be able to find small crabs and other small ocean animals!

<https://www.nps.gov/cabr/learn/coastal-trail.htm>