

Tamarack Podcast Instructions

1. Download the Software

First you will need a *Podcast Receiver*. This will allow you to subscribe to the different Tamarack Podcasts and update Podcasts to your MP3 player. Two free Podcast receivers we recommend are:

- [iTunes](#)
- [Juice \(Formerly known as iPodder\)](#)

Both *iTunes* and *Juice* are PC & Mac compatible.

2. Choose and Subscribe to a Podcast

You will notice that each Podcast description will be accompanied by a unique link, or *URL*. For example, the URL for Tamarack's *Movements for Change* Series is: <http://www.tamarackcommunity.ca/multimedia/Podcasts/M4C.rss>

- *Copy and Paste* the Podcast URL into the *Subscribe to Podcast* section of your Podcast receiving software. (In iTunes for example, this option can be found under: *Advanced>Subscribe to Podcast*).
- Your Podcast receiver will automatically check for new episodes and will *deliver* them to your computer. Expanding the Podcast (clicking on the arrow to the left of the title) will allow you to view and download previous Podcast episodes.
- You only have to subscribe to a Podcast once. Newly published Podcast episodes will be automatically downloaded to your computer upon opening your Podcast receiver.

3. Listen to Podcasts

Once you have subscribed to a Podcast and downloaded an episode, the audio file now physically exists as an mp3 files on your computer. You can either listen to the audio on your computer or export the audio to your mp3 player.

Each portable mp3 player comes with a unique software package that allows the user to transfer mp3 files from the computer to the portable player. We recommend you contact your portable mp3 player vendor if you are having trouble transferring mp3 files from your computer to your mp3 player.