

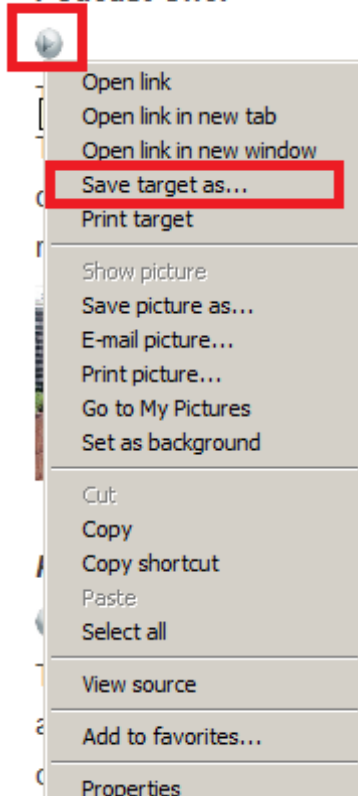
## How to Copy Podcasts Locally, or to a Mobile Device

Follow the steps below to copy the podcasts from the website to your local computer.

You can also then copy these files to a mobile device (or into itunes) like you would a standard .mp3 music file. By default, on Windows systems, they will play with Windows Media player, on Apple OSX/i-devices, they will play with QuickTime/itunes.

- 1.) Right hand click over the “play icon” and “save target as”

### Podcast One:



- 2.) Name your file; and choose your download location where you want the podcast to be stored on your computer, and then click “save”



- 3.) The file will then download. It should take a minute or so, as the podcasts are not very large.
- 4.) Once the file is downloaded, you can then play it locally on your computer using its media player, or copy it to a mobile device through either itunes, or in the case of Android, via the devices SD card or USB connection. As the format is standard MP3, they should play with all media applications.