

# Podcasts: A How-To Guide



## What is a podcast?

A podcast is a digital audio file that is available for streaming or downloading. New episodes are typically released on a regular basis – usually weekly or monthly. Podcasts cover a wide range of topics and genres, including news, education, storytelling, interviews, entertainment and more.

## Why subscribe to a podcast?

You can subscribe to a specific podcast by tapping or clicking on the “subscribe” or “follow” button after searching for the channel in your preferred application. Subscribing to a podcast allows you to access new episodes, support creators or unlock exclusive perks such as premium content and other features. Many podcast apps offer notifications, which can help you stay informed about the latest releases from your favorite creators.

## Where to listen to podcasts



### Mobile Apps

Using the pre-installed or downloaded podcast application of your choice helps simplify the experience of discovering, subscribing to and listening to podcasts.



### In-Car Systems

If you have a compatible car system, you can access and control podcasts directly from your car’s infotainment system.



### Smart Speakers

You can use voice commands to play specific podcasts through your smart speakers.



### Podcast Websites

You can listen directly by visiting a podcast’s website.



## Travelers Institute Risk & Resilience Podcast

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