

Podcasts are recorded shows, such as radio or TV programs, that you can download to your computer for free. If you are interested in following a particular show, then you can subscribe to it using iTunes and automatically receive new episodes as they become available. There are thousands of free Podcasts available in the [iTunes Store](#), which cover many popular TV and radio shows around the world. This tutorial will show you how to download Podcasts using Apple's iTunes software, and how you can subscribe to your favorite shows so you never miss an episode.

First: Download and install the free iTunes program.

A series of on-screen instructions will come up in a window. Follow the instructions in the windows. As part of the set up process, iTunes will ask you to choose some installation options. They include:

Install Desktop Shortcut - This will place the iTunes icon on your desktop.

Use iTunes as default player for audio files - Choose this if you want iTunes to handle all your audio files, including CDs, MP3s, podcasts, and downloads.

Install Apple Software Update - Choose this. It will help keep iTunes automatically up to date.

Default iTunes language - Choose your language

Destination Folder - Use the default

To Download Podcasts - OPEN the iTunes Program:

Click on the **iTunes Store** link in the left side panel and then click the **Podcasts** menu item on the main screen. Look at the *Categories* menu, and choose either **audio Podcasts**, or **video Podcasts**. You can click on a Podcast thumbnail picture on the main screen for more information, or look at the Top 20 Podcasts on the right-hand side of the screen. If you're looking for a particular show, then click the *Power Search* option in the Quick Links menu. Once you have clicked on a show, you can download an episode by clicking the **Get Episode** button.

1. Subscribing to Podcasts

If you would like to follow a particular show by automatically receiving new episodes when they become available then you can subscribe. Using this option will make sure that you never miss an episode of your favorite show, and you can build up a permanent library to use at your own convenience. To subscribe, choose a show as in the previous step and click on the **Subscribe** button. All available episodes and future ones will now be automatically downloaded to your iTunes Library.

2. Playing Podcasts in Your iTunes Library

The Podcasts that you have downloaded from the iTunes Store will be stored in your iTunes Library. To see a list of what you have downloaded, click on the **Podcasts** menu item in the left pane (under Library). If you have subscribed to a show then the downloaded episodes will appear in bold. Double-click on an episode to access it directly in iTunes. If you decide at a later date that you no longer want to follow a show and receive free Podcast downloads then simply highlight the show in your library and click the **Unsubscribe** button at the bottom of the main window.