**Instructions for Listening to Podcasts on Android phones**

1. Androids do not usually come with a preinstalled Podcast App. There are several **Podcast Apps** you can choose to download onto your Android including: Google Podcasts, Spotify, Podcast Go, Castbox and Stitcher. To search for additional apps, enter Best Podcasts Apps for Android into the search bar and look for one you like. Several podcast apps are free (Note: Free apps may have a few short ads during the podcast – and you can often fast forward through these).
2. Enter the Podcast App you chose into your search bar.
3. When the Podcast App page opens it will suggest you Open, Install or Subscribe to access the Podcasts Shows they have available. Be sure to check for any fees listed on the front page.
4. **Podcasts** or **Podcast “Shows”** available on that App will now appear on the screen. Scroll down to view these.
5. If you do not see a Podcast/Show of interest, use the search icon (a magnifying glass) and enter the title of a Podcast/Show (i.e.; This American Life), or a general topic you are interested in into the search bar (i.e.; history, drama, mysteries, arts, sports, fiction, gardening, science, health, business - practically anything!). (Check out Dr. Roger and Friends: The Bright Side of Longevity by Masterpiece Living.)
6. The Podcast you are searching for, or related Podcasts, will appear.
7. Select a Podcast/Podcast Show by tapping on it.
8. Once the Podcast/Podcast Show is open you can see available **Episodes**. Each episode provides a brief description and the length of the recording in minutes.
9. Tap on any episode to listen to it.
10. You can stream a podcast (listen right now) or download it. To download it, tap on the download icon (a cloud with a down arrow). Downloading can be great for listening later or when you don’t have internet access (i.e., during travel).
11. Have fun using Podcasts for entertainment and learning!

Extra notes:

* Some Podcast Shows have many episodes and some shows have only a few episodes.
* The length of podcasts can run from as short as 15 minutes to over 2 hours. You don’t have to listen to a full episode at one time. You can tap pause and return to where you left off later.
* You may wish to subscribe to a Podcast Show if you enjoy it. This way, new episodes will automatically be delivered to your phone.
* You can listen to the podcasts through the phone speakers, or through inserting earplugs into the phone (suggested when around others who don’t wish to also listen).