

# FOAM Club

## Technical instructions for podcasts

- Apple Podcast App – iOS only – free (comes on your iPhone).
  - o Open the Podcast app and click on the “Search” magnifying glass icon on bottom right.
  - o Type name of podcast into search bar (e.g. “core em”) and hit “enter”.
  - o Choose the correct podcast and click on it. This opens the podcasts homepage.
  - o On the homepage, you’ll see an option to select a specific episode or subscribe. You can listen to a selected podcast episode by selecting that episode from the “available episodes” link.
  - o To find a specific episode, return to “search” in the app, type the title in the search bar and select to search “Your Library”
  - o Show notes are available online or in the episode on the app.
  
- Google Podcast App – Android only – free.
  - o Open the Podcast app and click on search bar (magnifying glass icon).
  - o Type the name of the podcast into the search bar (e.g. “core em”) and hit “enter”.
  - o Choose the correct podcast by tapping on it. This opens the podcasts homepage.
  - o On the homepage, you’ll see an option to select a recent episode. Tap to start playing.
  - o To find a specific episode, return to the search function and type the title of the episode.
  - o Show notes are available online or in the episode on the app.
  
- Pocket Cast – iOS and android – free.
  - o Open the Pocket Cast app and click “discover” (magnifying glass icon).
  - o Type the name of the podcast into the search bar (e.g. “core em”) and hit “search”.
  - o Choose the correct podcast and click on it. This opens the podcasts homepage.
  - o On the homepage, you’ll see an option to select a specific episode or subscribe. You can listen to a selected podcast episode by selecting that episode from the list.
  - o On the homepage, there is a “search episodes” bar where you can type the title of the episode and select it to listen.
  - o Show notes are available online or in the episode on the app.
  
- Follow the link provided on your desktop or laptop computer. Play directly from the show website.