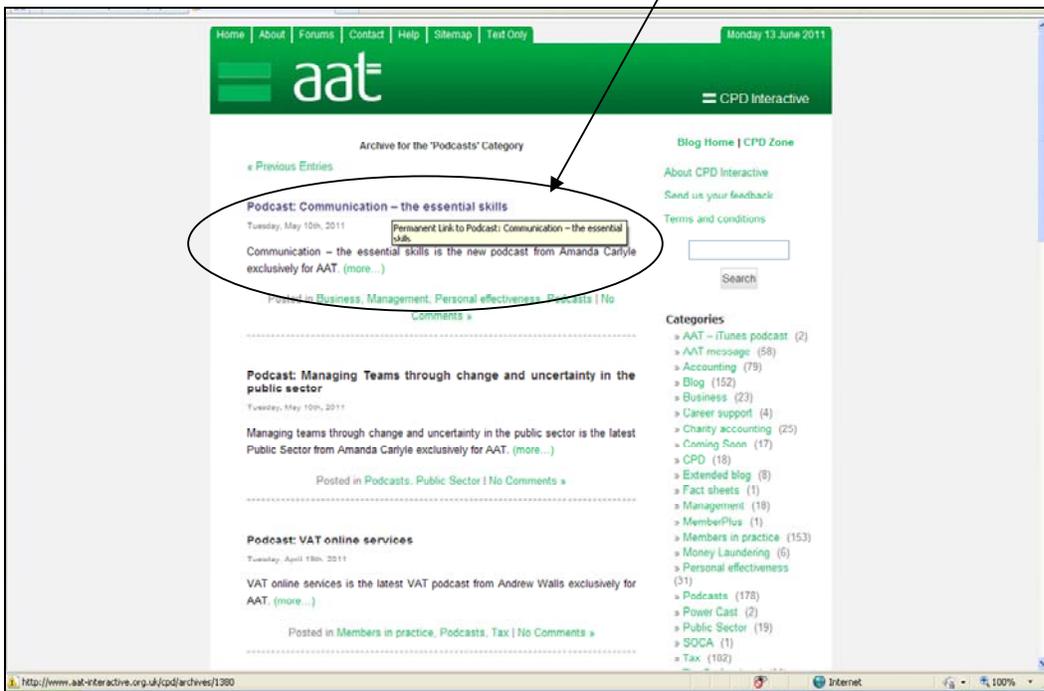


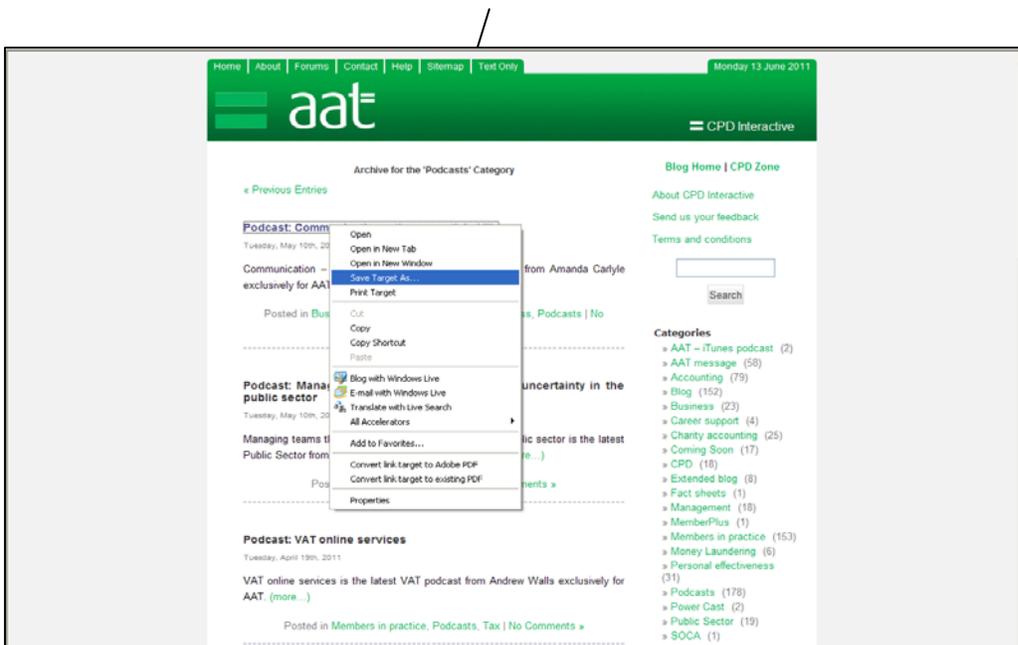
# Downloading an AAT podcast

Downloading an AAT podcast is very simple. Follow the step by step guide below:

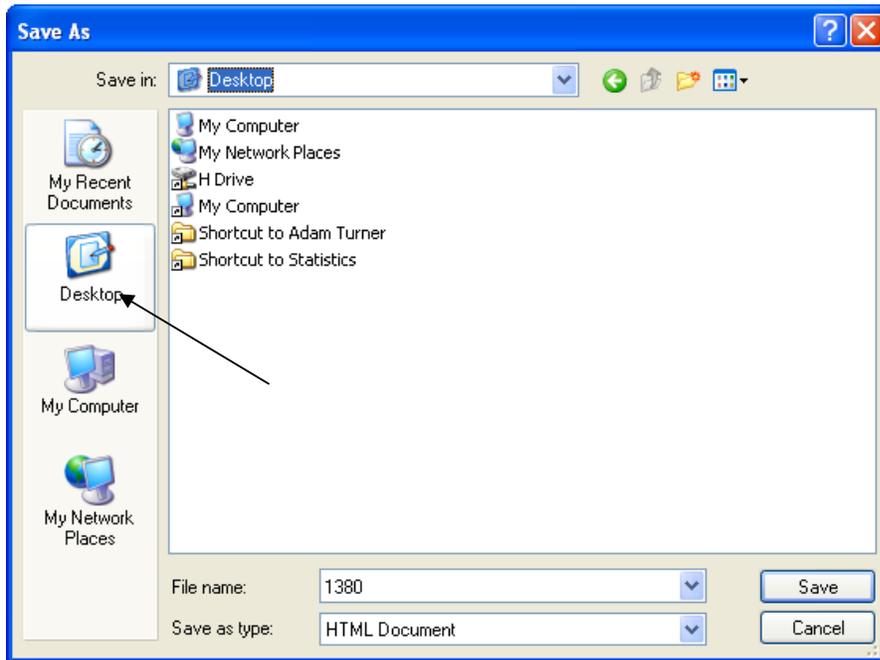
1. Go to the page on our website that your chosen podcast is on. For this example we've chosen 'Communication – the essential skills'



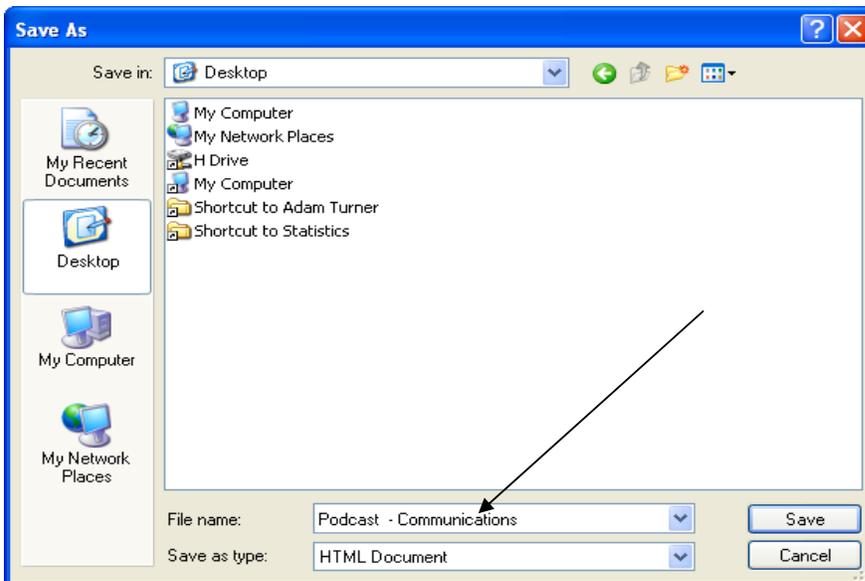
2. Right click on the link and select "Save Target As"



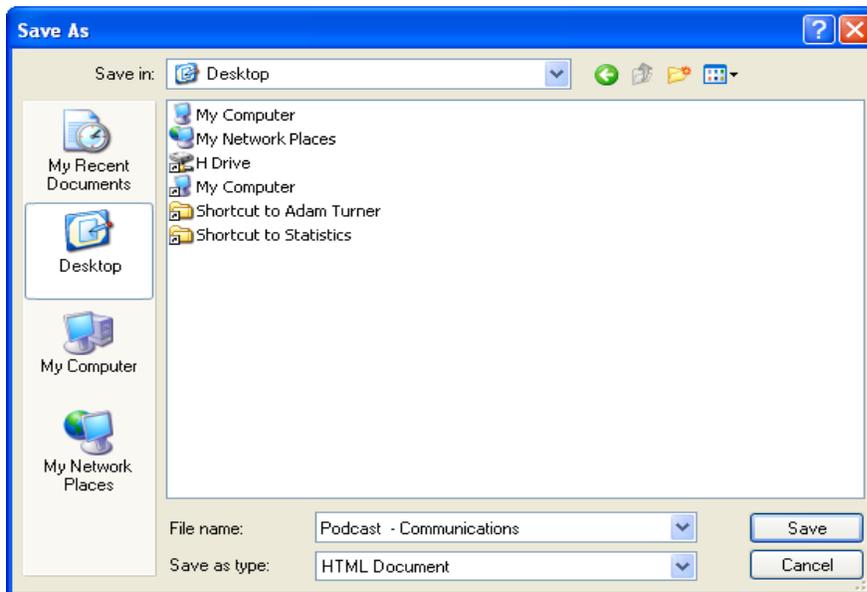
3. Select where you would like to save this file. Saving to your desktop for now will provide easy access and you will be able to move it later.



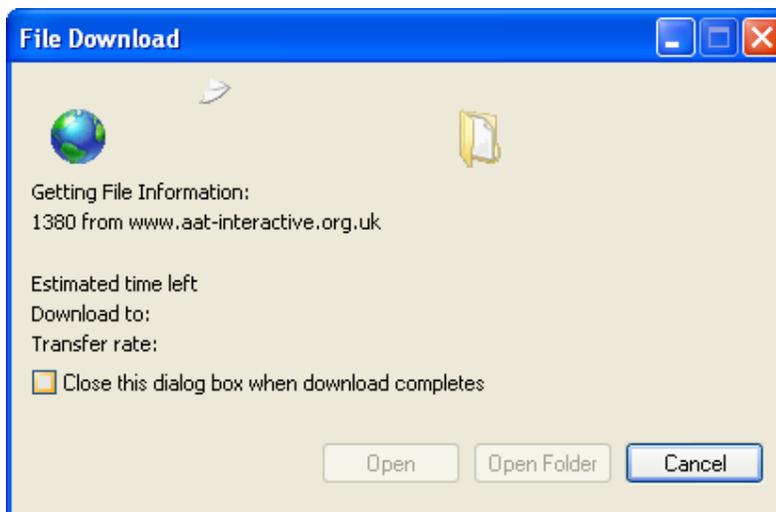
4. Give the download a file name.



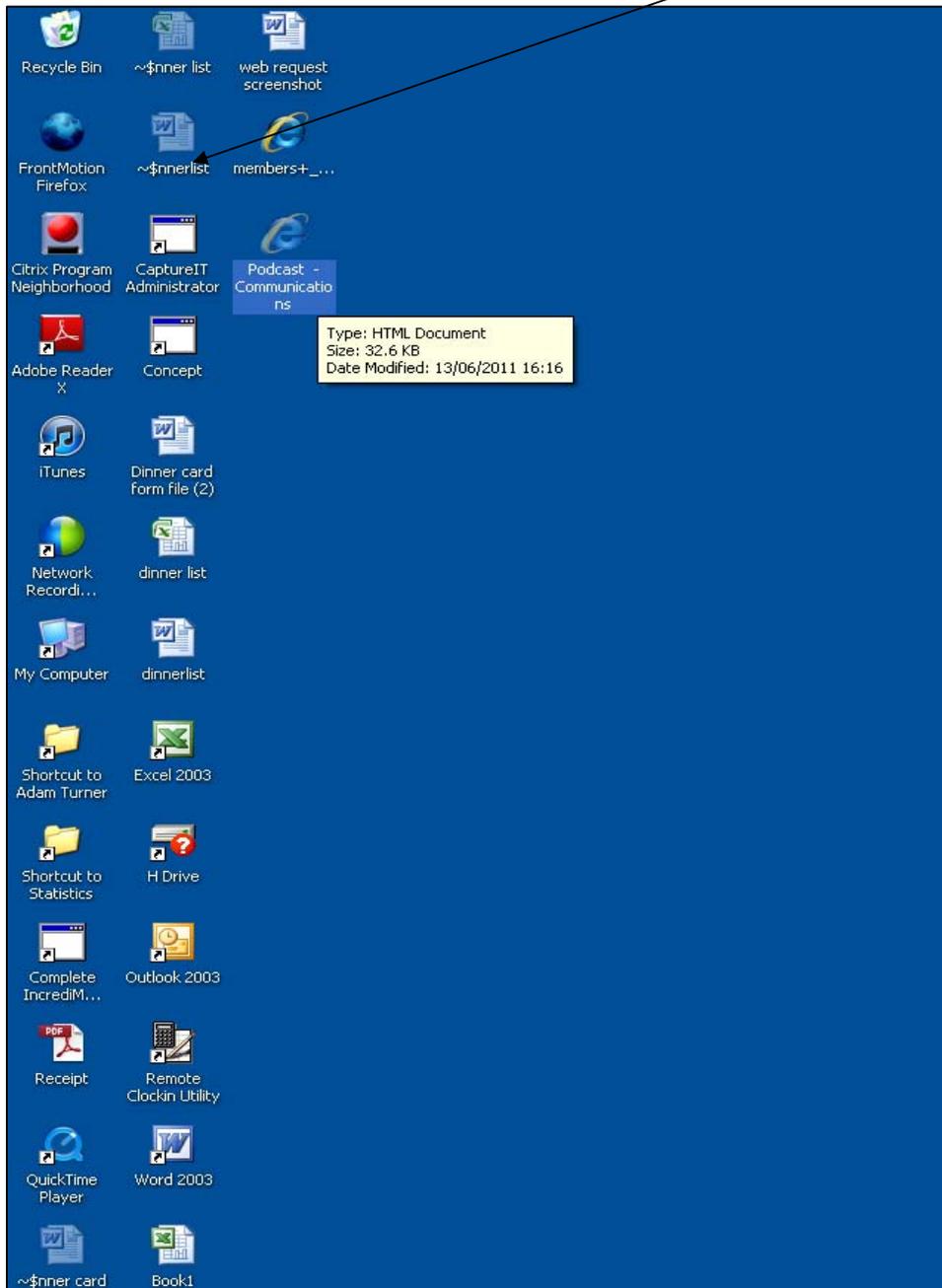
5. Click on the save button.



6. A progress box will appear and detail the stage of your download.



Once the podcast has been saved an icon will then appear where you've saved it. For this example we have saved it on the desktop – see below.

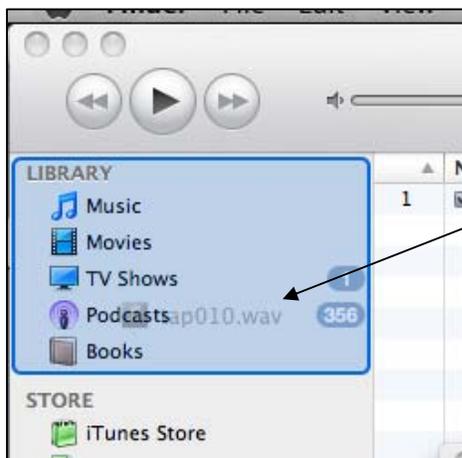


## Adding your AAT podcast to iTunes

1. Open up iTunes and plug in your iPod/ iPhone using your USB cable.
2. Once your device is plugged in you will see the name appear under 'Devices'



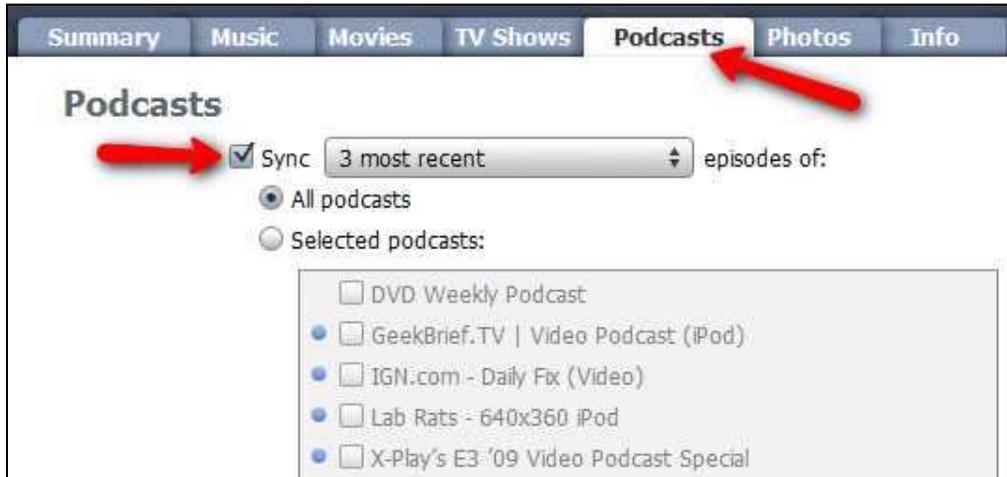
3. Drag your selected file into an open iTunes window under the 'Podcasts' tab. You will then see a plus sign next to it to indicate that it is being added



4. Click on your account name in iTunes.



5. You will see a number of different tabs here, click on the Podcast tab. Click on the box next to “Sync” to check mark it. A dialog box will appear asking “Are you sure you want to sync podcasts.” click the “Sync Podcasts” button. You have a whole range of different choices on how many podcasts you want to sync from the drop down menu. You can even pick and choose specific podcast to sync up as well.



6. When finished press the “Sync” button on the bottom and your podcasts in iTunes should now be in sync and in perfect harmony with your iPod.

