

What is a Podcast?

A podcast is essentially a radio show that you can get on the internet, so you can listen any time you want. You have two options: You can listen to a podcast through a website (this is called streaming). Or, you can download a podcast, which means you're saving it on your phone, or tablet, or computer, and you can listen to it anytime, even without an internet connection.

To Stream: Go to a website, such as TheSillPodcast.com, and click the play button.

To Download: Get it delivered to your phone or tablet each week using an app.

- For iPhones and iPads, use the [Podcasts](#) app. You get it from the App Store (it actually comes installed on newer devices). In the Podcasts app you search for *The Sill* and then hit subscribe.
- For Android phones and tablets, try the [Google Play Music](#) app (get it from the Google Play store), then search *The Sill* and add it to your favourite list.

Five Reasons To Listen To Podcasts

Have you discovered the power of podcasts yet?

It's easier than ever to find, subscribe and listen to literally thousands of podcasts on every topic from news, arts, business, comedy, education, politics, sports, technology, music, health, spirituality, hobbies, and more. Podcasts are free (with very few exceptions). Podcasters create content and publish their episodes on popular platforms like iTunes, Spreaker, Google Play, as well as a variety of other podcasting directories and apps.

There are several excellent apps you can use to subscribe to podcasts you like and sync the content across your platforms (smartphones, iPad, desktop).

A quick and easy App to use on an iPhone is the built in **Podcast app**. It's easy to use and familiar as it's part of iTunes. If you use an iPhone and haven't opened this app yet – give it a try and start exploring!

continued...

Other options for podcast listening include:

[10 Best Podcast Apps For Android](#)

If we haven't convinced you yet to listen to podcasts, here are five reasons why you should start now:

1. **Get inspired!** What inspires you? Are you intrigued and interested in new ideas and expanding your horizons? What are you passionate about? Chances are you will find a podcast that will truly inspire you.
2. **Stay educated and informed** Learn new things in your areas of interest or hobbies. Check out a business or marketing podcast. Learn a new language. The possibilities are almost endless.
3. **Personal and Professional Growth** Do you want to work on your own personal development? How about learning more about your career or profession or listening to experts in your field?
4. **To Escape!** Discover great podcasts for the pure entertainment value and as a way to focus on something different than what you deal with daily. Many news and politics TV, radio shows, comedians, and celebrities have podcasts.
5. **Optimize Your Time** Listen to podcasts while walking, driving, commuting, or working out and get inspired, educated or entertained while you do.

[iTunes Podcasts by Category](#)