

What is a Podcast

A Podcast is something like a radio show. It's programming you can download and listen to with your computer directly from a website. What makes a podcast special is the fact you can also "subscribe" to it - as you would a magazine - and have it downloaded to your computer automatically each time a new episode is released. With the right software, your podcast subscription will sync with your MP3 player (an iPod or other digital music player) and you can listen to it wherever you want at your convenience.

Why a No Retreat, No Compromise podcast?

While it is easy to see why podcasting is thriving in the world of entertainment, it is also rapidly growing in the social justice and human rights movement. Activists can create audio and video content that their members and/or constituents can and listen/watch when they want, and get more information on the issues/causes that they feel passionate about.

What is Podcasting?

"Podcasting" is a way to get the **No Retreat, No Compromise** bi-weekly audio automatically downloaded to your computer or portable audio device. This is a nice convenience if you have a portable MP3 player or if you have a slow connection. Even more, you can also listen to it whenever you want, and not have to worry that you don't have the latest US Human Rights Network Podcast.

Juice

Free podcasting software for Windows, Mac and Linux. This is a good choice if you own a non-Apple portable music or video player. (free software, non-commercial). <http://juicereceiver.sourceforge.net/#download>

Apple iTunes

Subscribe to audio versions of No Retreat, No Compromise!. If you already own an iPod, a computer with Windows Vista or a Mac, you probably already have this software. Just subscribe to No Retreat, No Compromise! through the iTunes store, or download itunes at <http://www.apple.com/itunes/download/>

How do I subscribe to a podcast?

To subscribe to any No Retreat, No Compromise Podcast, right-click on the "Pod" graphic or link (or Control-click in MacOS) and select "Copy Link Location" or "Copy Shortcut." You may then paste the link into your podcasting software. You can also directly click on the Yahoo and iTunes graphics to subscribe using those respective services.

I don't want to subscribe to the podcast - how do I hear the audio?

No problem! Just click <http://ushrnetwork.podomatic.com/>. From there you will be able to access streaming audio of recent episodes.