

About Podcasting

Podcasting is a free service that allows Internet users to pull audio files (typically MP3s) from a podcasting Web site to listen to on their computer or personal digital audio player. The name comes from a combination of the words **iPod** (a personal digital audio player made by Apple) and **broadcasting**. Even though the name is derived from the [iPod](#), you don't need an iPod to listen to a podcast. You can use virtually any MP3 player or your computer.

Unlike with Internet radio, users don't have to "tune in" to a particular broadcast; instead, they **subscribe** to a podcast, and the audio files are automatically downloaded to their computer via **RSS feed** as often as they request. The technology is similar to that used by TiVo, a personal video recorder that lets users set which programs they'd like to record and then automatically records those programs for later viewing.

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