

# I've Made My Podcast, Now What?

By Wesley Fryer - [www.speedofcreativity.org](http://www.speedofcreativity.org)

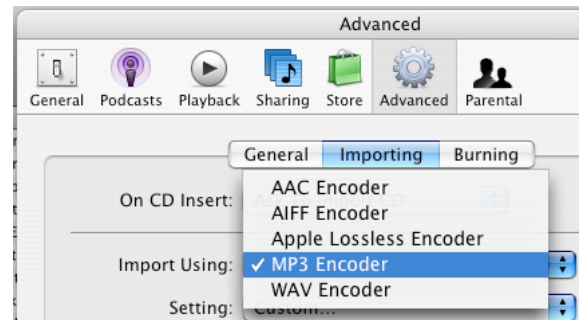
Updated 3/7/2006

1

Create your podcast in Audacity or Garageband.

2

Export your podcast as a mp3 file.  
(Audacity: FILE - EXPORT AS MP3.  
Garageband: EXPORT - SEND TO  
iTUNES. Then in iTunes, set your import  
preference to MP3:)



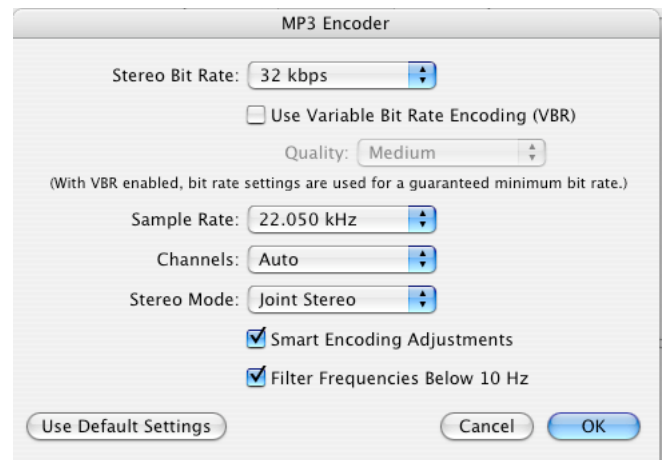
3

For SETTING, CLICK ON Custom:



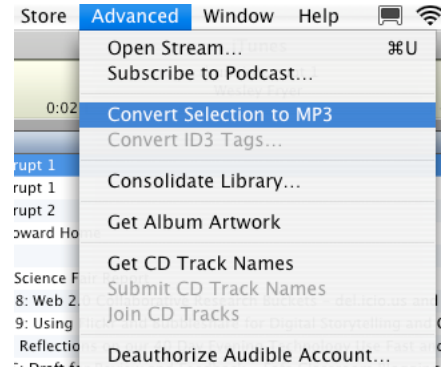
4

As a suggested, technique, set  
the bit rate to 32 and the Sample  
Rate to 22.050. Do NOT choose  
Variable Bit Rate Recording:





From the ADVANCED MENU, choose CONVERT SELECTION TO MP3.



Drag the converted MP3 file to your desktop or another location on your computer.



Upload your mp3 file to a webserver on the Internet. Looking for places to publish? You have several options.

<u>Option</u>	<u>Approx Cost</u>	<u>Advantages</u> (bandwidth/ storage per month)	<u>Comments</u>	<u>Site URL</u>
Your school website	Free	Upload mp3 files like you would for a Word or PPT file	Allows school to have direct control over content	varies
Internet Archive	Free	CCPublisher tool	Published forever	archive.org
POWWEB	\$5.77 / month	3000 GB bandwidth, 300 GB disk storage	Web-based install supported for Wordpress blogs	powweb.com
Liberated Syndication (will create podcast feed for you)	\$5 / month +	unmetered bandwidth, 100 MB storage / month	"unmetered" means unlimited subscribers	libsyn.com
Podomatic (will create podcast feed for you)	Free version	15 GB bandwidth, 1/2 GB storage	Can record via web-based tools or upload	podomatic.com
Podomatic Pro (will create podcast feed for you)	\$10 / month	100 GB bandwidth, 2 GB storage		podomatic.com



If you are NOT using a podcasting service like Libsyn or Podomatic that creates your podcast "feed," you will need to create one. Two free, basic choices are:

**BLOGGER:** Set up a free blog site, and post new entries that include a direct link to your mp3 podcasts. You can also use Feedburner ([www.feedburner.com](http://www.feedburner.com)) to create a browser and podcast "friendly" feed that also tracks subscriber statistics.

**PODCHAINS:** Set up a free podchains account ([podchains.net](http://podchains.net)) to create a free web feed for your podcast.



If you're using Libsyn or Podomatic, your new podcast should be automatically added to your podcast FEED.

If you're not using a service like that, you'll need to add THE ABSOLUTE URL PATH (website address) of your podcast to your feed.

Do that with Blogger (add a new post, and include a link to the podcast in the body of the post) or with Podchains: Click ADD ITEM. You will add 3 items:

- 1- URL to the MP3 podcast file
- 2- Title
- 3- Description



## Add a new item

Item URL:

(REQUIRED)

File to upload:

no file selected  
(REQUIRED IF URL IS EMPTY) (WILL OVERRULE URL)

Item Title:

(REQUIRED)

Item Description:

Item tags: (separated by commas)

Make item private

I have played this item



Tell others about your podcast feed! Share the feed address so they can subscribe to your podcasts!