

## **Multimedia Guide**

Our multimedia content consists of both audio and video files, which you can either play on the website, or download to play on your computer or portable media player.

The content is also available through iTunes, if you use an Apple iPod or have the iTunes media player installed on your computer.

You can download the audio files in MP3 format or video files in MP4 format, for use on all other portable media players or your PC.

### **What is a podcast?**

A podcast is simply a series of either audio or video files, much like the episodes of a radio or television series. You don't need to worry about missing any episodes, as you can subscribe and have them delivered to your PC automatically.

Trust podcasts are free, and you don't have to give any personal details to subscribe.

### **How do I subscribe?**

If you use the iTunes media player, on the Trust multimedia page simply click on the 'Trust Podcasts' button in the left hand navigation. You will automatically be redirected to the Trust iTunes page. Hit the 'subscribe' button on the page and you will have every new episode delivered.

If you do not use iTunes, click on the 'RSS media feed' button in the left hand navigation, and confirm that you wish to subscribe. You will need an RSS feed reader, such as [Google Reader](#), to do this. An update will appear on your reader each time a new episode is available to download.