## **UPLOADING A PODCAST**

- 1. Go to <u>www.3cr.org.au/podcast/loudblog</u> (use "Firefox" rather than "Internet Explorer")
- 2. Login to Loudblog. Username: admin, password: breebree
- 3. Select the 'record' tab.
- 4. Browse for the file you would like to upload as a Podcast.
- 5. Click 'browse' and then select/open the file. And click 'get file' to begin the upload.

RECORDING (ST	EP()	
No Audio File	You can define an audio-file later	next step
Use Browser (<8MB)	Browse	get file

6. Once the file has been retrieved, you will be taken to 'step 2' of the recording process. Begin by giving the program an appropriate title and include the airdate. Eg. 'Alternative News (17.06.07)'

record postings comments stats organisation settings	🔿 loudblog
RECORDING (STEP Z)	Successfully uploaded!
TITLE Alternative News (17.06.07) MESSAGE News about peace, disarmarment and nuclear issues. Broadcast at 9.15am every Sunday.	MEDIA FILE Filename <u>3CRC ast-2007-08-17-63425.mp3</u> Size/Duration 2.5MB / 14:24min Quality 24kb/s (CBR) / 12kHz / stereo ID3 Title/Track Alternative News (17.06.07) ()
	edit ID3 tags change audio file COMMENTS SIZE LIMIT C on C off No audio allowed 🔽
CATEGORIES	STATUS © draft © finished © on air

- 7. Write a brief description of the program's content in the 'message' box.
- 8. Move to the categories box and select the category of the program from the first drop down tab. Select the program from the second drop down tab.

MESSAGE	Filename <u>SUKUAST-ZU</u>	07-00-17-03420.mp3
News about peace disarmarment and nuclear issues. Broadcast at 9.15am every Sunday.	Size/Duration 2.5MB714 Quality 24kb/s(CBF ID3 Title/Track Alternative	:24min 1) / 12kHz / stereo News (17.06.07) ()
$\downarrow$	edit ID3 tags	change audio file
CATEGORIES Current Alfairs Alternative Ne 🗸 🔽	STATUS O draft O finished	• on air
POSTING TIME 2007 06 17 at 14 : 28 Set to now		save all

1

- 9. Change the 'posting time' to the date the program went to air.
- 10. Move onto the 'comments' options and select 'off'.

ORDING (STEP 2)	
e News (17.06.07) FE about peace, disarmarment and nuclear issues. Broadcast	MEDIA FILE Filename Size/Duration Quality 24kb/s (CBR) / 12kHz / stereo
an every surray.	ID3 Title/Trad Alternative News (17.06.07) () edit D3 tags change audio file COMMENTS SIZE LIMIT
ORIES Mairs • Alternative Ne • • • • •	C draft C finished O on air
06 17 at 14 : 28 Set to now	save all

11. Next ensure the 'status' option is set to 'on air'.

ORDING (STEP 2)	
e News (17.06.07) 1E ibout peace, disarmarment and nuclear issues. Broadcast am every Sunday.	MEDIA FILE Filename <u>3CRC ast-2007-06-17-63425.mp3</u> Size/Duration 2.5MB / 14:24min Quality 24kb/s (CBR) / 12kHz / stereo ID3 Title/Track Alternative News (17.06.07) ()
	edit ID3 tags     change audio file       COMMENTS     SIZE LIMIT       O on O off     No audio allowed
ORIES Ifairs  Alternative Ne	STATUS O draft O finished O on air
UG 117 at 114 : 128 Set to now 1	save all

- 12. Once this is done click 'save all'.
- 13. Double check that the Podcast has been uploaded by going to www.3cr.org.au/podcast

## Important things to remember:

- the file cannot be larger than 8MB
  the quality of the file should be 24KBps and 22Hz