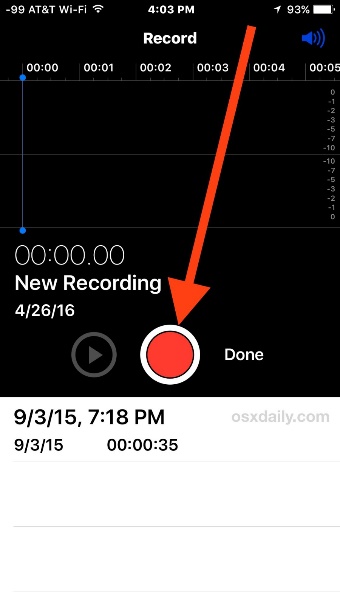
**For iPhone**

iPhone (should) have a voice recorder app already installed on the device.

To record:

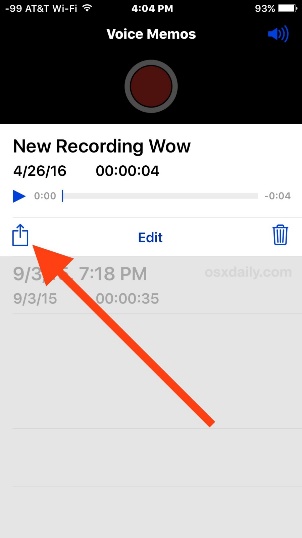
 Open the Voice Memos app

 Tap/hit the Red Record button

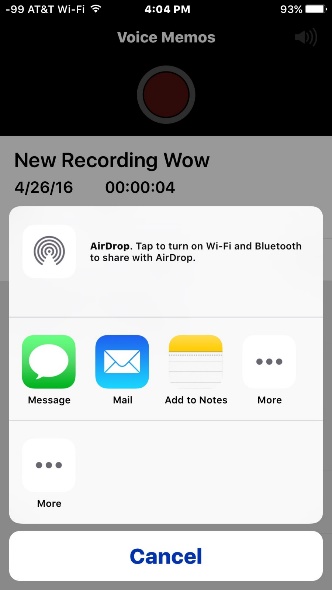
 Tap/hit done when finished recording

 Save the voice recording and give it a name

Back in the Voice Memos app on iPhone, tap to select on the voice recording you want to share. Tap the sharing button, it looks like a box with an arrow flying out of the top



Choose the method which you want to share the voice recording with; Message, Mail, Add to Notes, or a third-party app of your choice (i.e. Facebook)



**For Android phones**

The following app will allow people to download it and record like a Dictaphone: <https://play.google.com/store/apps/details?id=com.media.bestrecorder.audiorecorder&hl=en_GB>