APK bundle publishable in the Google PlayStore is found in the release folder. Inside that folder is an app.aab file. That is the apk bundle.

talakeys.jks is your keystore file. If you lose this file you will not be able to publish updates of your app to the playstore. Maybe you can- im not sure. Rule of thumb is to keep your keystore file SAFE.

Key alias is 'my\_key' and all passwords are 'talaokolealoans' you need this information whenever you need to publish an update of your app using Android Studio