The American standard code for information interchange (ASCII) is a character encoding scheme originally based on the English alphabet that encodes 128 specified characters – the numbers 0-9, the letters a-z and A-Z, some basic punctuation symbols, some control codes that originated with teletype machines and a blank space - into the 7-bit binary integers. ASCII codes represent text in computers, communications equipment, and other devices that use text.

UTF-7 (7-[bit](http://en.wikipedia.org/wiki/Bit) Unicode Transformation Format) is a variable-length character encoding that was proposed for representing Unicode text using a stream of ASCII characters. It was originally intended to provide a means of encoding Unicode text for use in Internet [E-mail](http://en.wikipedia.org/wiki/E-mail) messages that was more efficient than the combination of UTF-8 with quoted-printable.

Source: wikipedia