

# Task 8

## VPN Setup and Privacy

### Objective:

To understand how VPNs work and how they protect our privacy online. I chose to work with a free VPN client and test its features.

### VPN Setup and Steps I Followed:

1. I chose ProtonVPN as my VPN provider because it's free and reputed for strong privacy policies.
2. I went to their website (<https://protonvpn.com>) and created a free account by verifying my email.
3. After signing up, I downloaded the ProtonVPN client for Windows and installed it.
4. Once installed, I logged in and clicked on 'Quick Connect'. It connected me to a server in the Netherlands.
5. To check if my IP had changed, I visited [whatismyipaddress.com](https://whatismyipaddress.com). My IP was now showing a location in the Netherlands, so the VPN was working.
6. I opened Google and Reddit to check if the traffic was being encrypted — both worked fine and showed encrypted HTTPS connections.
7. I disconnected the VPN and refreshed [whatismyipaddress.com](https://whatismyipaddress.com) — my original IP came back. Also, the browsing speed felt a little faster after disconnecting.

### What I Learned About VPNs:

VPN stands for Virtual Private Network. It basically creates a secure tunnel between my device and the internet. It hides my IP address and encrypts all the data I send and receive. This means no one, not even my ISP, can see what I'm doing online.

ProtonVPN uses advanced protocols like OpenVPN and WireGuard, and encrypts data using AES-256 encryption, which is considered very secure.

### Benefits and Limitations (in my words):

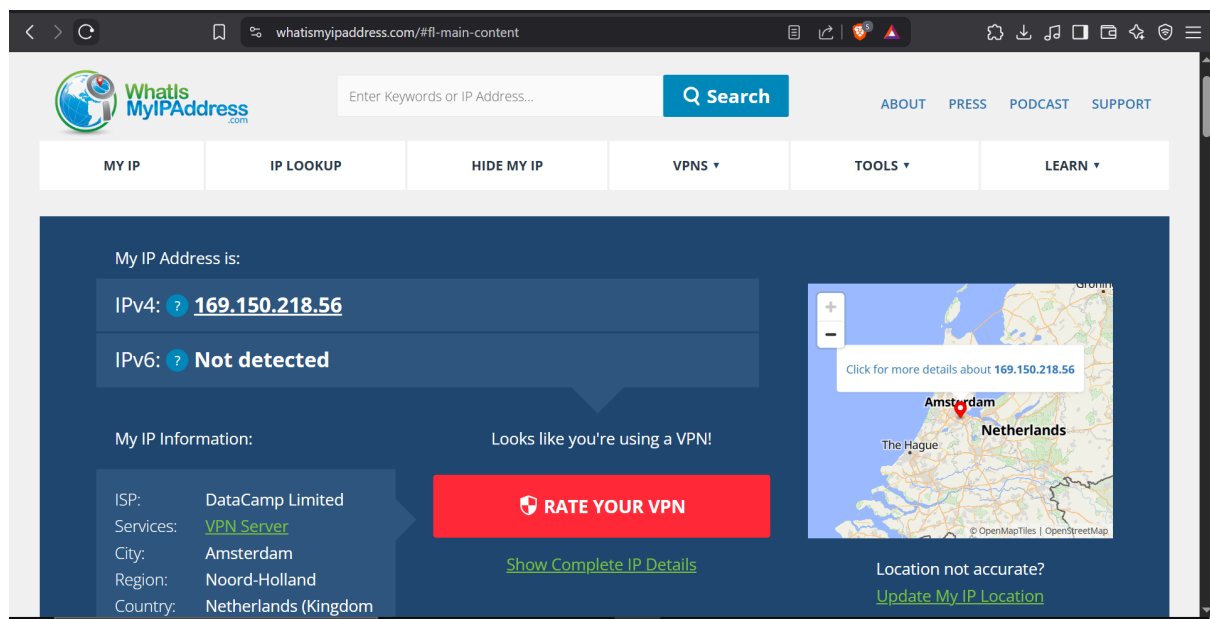
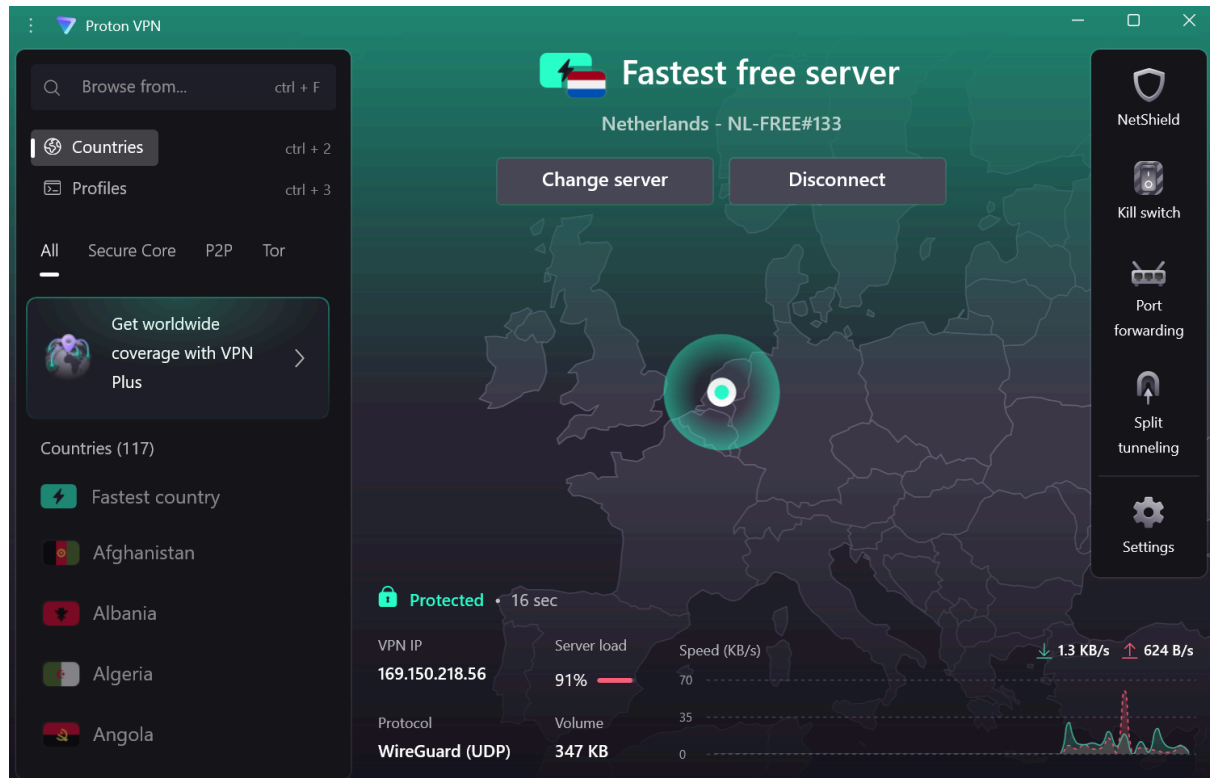
#### Benefits:

- My IP gets hidden, so I stay anonymous.
- All my data is encrypted, so no one can spy on me.
- I can access sites that might be blocked in my country.
- It's super useful when using public Wi-Fi.
- Stops ISP from tracking or throttling me.

### Limitations:

- It made my internet slightly slower when connected.
- The free version doesn't have many servers or features.
- It won't protect me from viruses or hacking directly.
- Some websites still block VPN traffic.
- Free VPNs sometimes log data, so we must choose carefully.

### VPN Connection Screenshot:



### Final Thoughts:

Overall, this task helped me understand the role of VPNs in protecting online privacy. It's a great tool when used properly. But it's also not a magical solution — we should still be careful about what we click and download.