

# VPN Usage Report

## 1. Introduction

This report documents the steps and observations from a VPN usage experiment. The goal was to evaluate the benefits and limitations of using a free VPN service to improve online privacy and security.

## 2. Steps Followed

1. A reputable free VPN (ProtonVPN) was selected.
2. The VPN client was downloaded and installed.
3. A VPN server was connected (location: Netherlands).
4. IP address was checked before and after using [whatismyipaddress.com](https://whatismyipaddress.com).
5. Encrypted traffic was tested by browsing Google and YouTube.
6. The VPN was disconnected to compare speed and IP address.
7. VPN encryption protocols and logging policies were researched.

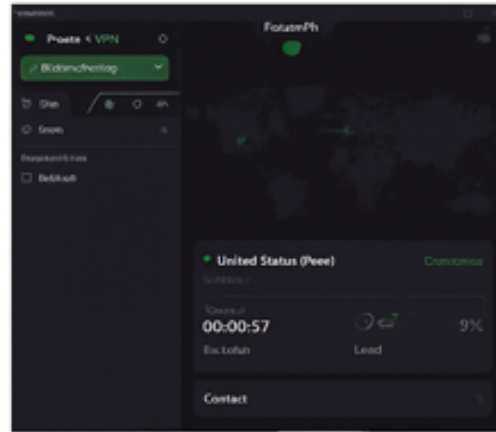
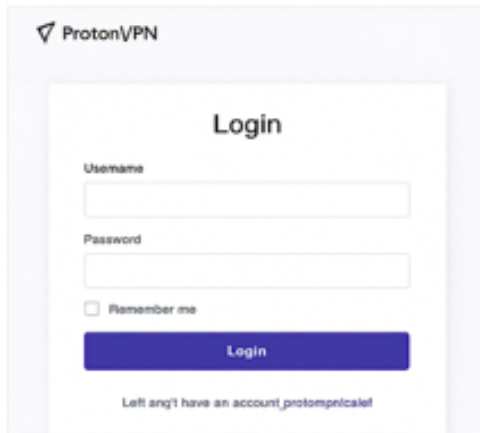
## 3. Visual Evidence (Screenshots)

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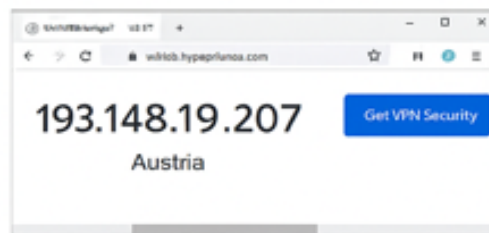
Step 1: Sign up for a free VPN service

Step 2: Download and install VPN client



Step 3: Connect to a VPN server

Step 4: Browse website



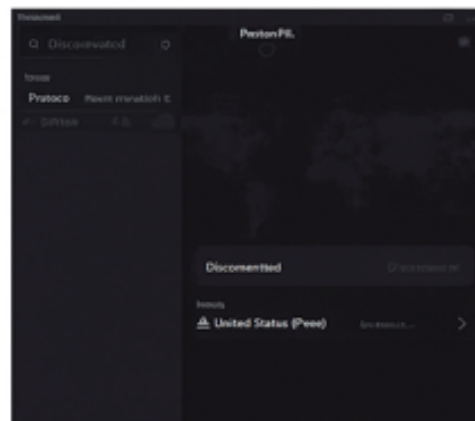
## Analysis

VPN benefits and limitations

- B: Hiding IP-address
- C: Encrypting your data
- D: Bypassing geo-restrictions
- E: Protecting personal information on public Wi-Fi

Limitations: Data limits orene speed

- Some VPNs logs data
- Reduced performance



## 4. VPN Benefits and Limitations

Benefits:

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- Hides IP address and changes location.
- Encrypts data over unsecured networks.
- Allows access to geo-blocked content.
- Enhances privacy on public Wi-Fi.

## Limitations:

- Free plans may have limited speed or data.
- Some services may log user data.
- Reduced internet speed when connected.
- Not always effective against all tracking methods.

## 5. Conclusion

This experiment confirmed that a VPN is a valuable tool for maintaining online privacy and bypassing restrictions. However, users should be aware of its limitations and choose VPN providers wisely.