



What is a VPN?

A Virtual Private Network (VPN) creates a secure, encrypted “tunnel” between your device and the internet, hiding your online activity and protecting your data from hackers, ISPs, and surveillance.

When to Use a VPN

- On public Wi-Fi networks to protect your data
- To access geo-restricted content or websites
- To maintain privacy and anonymity online
- When accessing sensitive information

Benefits of a VPN

- Encrypts your internet traffic
- Masks your IP address
- Helps bypass censorship and geo-blocks
- Protects sensitive data from hackers

Limitations of a VPN

- Doesn't protect against malware or phishing
- Can slightly reduce internet speed
- Not all VPNs are equally secure or trustworthy

Most Secure VPN Providers

- [ExpressVPN](#) — High-speed servers, strong encryption, and strict no-logs policy.
- [NordVPN](#) — Large server network with advanced security features like Double VPN.
- [ProtonVPN](#) — Focus on privacy with secure core servers and open-source apps.
- [Surfshark](#) — Unlimited devices and strong security at a budget price.
- [CyberGhost](#) — User-friendly with dedicated servers for streaming and torrenting.