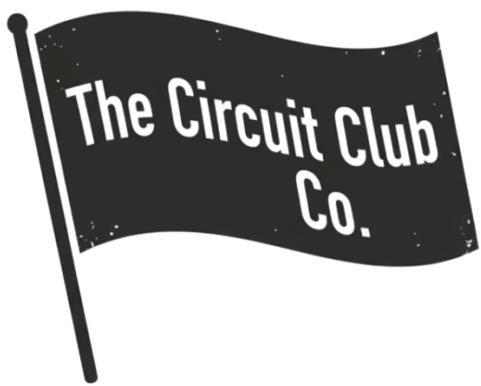


Data Protection & Technology transformation Guide



This guide will cover how to protect your data from firms that ILLEGALLY collect them and sell them to third parties.

The changes that will be included do not include 1 “magic button” but rather a system change. Simple yet very important features.

It may sounds boring and it will take some time to get used to these new ways but you will get used to them just like how you learned how to use gmail, youtube and instagram with the nice extra bonus that:

1. Your data will be private
2. You will never - or incredibly unlikely - get hacked, compared to now that you are in deep shit
3. You will gain a lot of technical knowledge
4. Most of these alternatives are AD - FREE
5. You will be exposed to less brain rot and alarmingly personalized context
6. You will not be spied upon

Every aspect of these changes will include video tutorials or simple steps

Additionally, this guide will introduce you to further useful information about current technology trends, such as crypto, and alternatives to current products such as microsoft office or imessage.

Enjoy the guide!

Chapters

Chapter X. Title
Chapter Y. Title
Chapter Z. Title
Chapter K. Title
Chapter F. Title
Chapter A. Title
Chapter B. Title
Chapter C. Title
Chapter X. Title
Chapter Y. Title
Chapter Z. Title
Chapter K. Title
Chapter F. Title
Chapter A. Title
Chapter B. Title
Chapter C. Title
Chapter X. Title
Chapter Y. Title
Chapter Z. Title
Chapter K. Title
Chapter F. Title
Chapter A. Title
Chapter B. Title
Chapter C. Title
Chapter X. Title
Chapter Y. Title
Chapter Z. Title
Chapter K. Title
Chapter F. Title
Chapter A. Title
Chapter B. Title

Chapter X. Title

General information about the topic and why it is important to pay attention to it.

Introduction to some technical terms with simple language.

Provide the solutions:

- Option 1 - brief description - link here

If needed add a small tutorial

Chapter 1. Hardware

The hardware section contains mainly phone and laptop alternatives to big brands.

General information about the topic and why it is important to pay attention to it.

Introduction to some technical terms with simple language.

Now you don't HAVE to replace your phone or laptop right now, but when the time comes consider the following:

- Jolla Phone - 579 € - Independent European Linux phone - [link here](#)
- Fairphone (Gen. 6) - 599 € - Sustainable, Repairable, Android and Linux - [link here](#)
- Volla Phone Quintus - 719 € - Linux, flagship model of Volla, German made - [link here](#)
 - More from Volla
 - Volla Phone X23 - 564 € - Linux, Secure, great battery life - [link here](#)
- Volla Tablet - 698 € - Linux - [link here](#)
- Framework Laptop 12 - from 776 € - repairable, linux/windows [link here](#)
- Framework Laptop 13 - from 969 € - repairable, linux/windows [link here](#)
- Framework Laptop 16 - from 1,719 € - repairable, linux/windows [link here](#)

Now you DO NOT HAVE to buy any of these but at some point if you feel comfortable it would be nice to switch to a phone or laptop that can increase your privacy and customizability.

If you don't wanna get into it, that's no problem. The tips in the rest of the guide still apply and all the below mentioned system changes can be applied to both android and iOS as well as MacOS and windows.

Chapter 2. Email

- Proton email - [link here](#)
- Temp email - [link here](#)
- Tuto email - [link here](#)
- Mailbox - [link here](#)
-

Chapter 3. Crypto

- NerdAxe BTC Miner - 170,99 € - entry level
bitcoin miner - [link here](#)
- Ledger Nano S Plus - 49 € - physical crypto
wallet - [link here](#)
 - Ledger wallet - companion app - [link here](#)
-

Chapter 4. VPN

- security tips and settings
- Tailscale - FREE MESH VPN - [LINK HERE](#)
- DPR Mini SE - 109.75 € - Home Decentralized VPN Router with 500 Mbps Speed & 7-Layer Firewall - [link here](#) (check their whole collection)
- Mullvad - [link here](#)
- Proton VPN - [link here](#)
-

Chapter 5. Messaging

- Session - whatsapp alternative - [link here](#)
- Whatsapp, iMessage - security tips and settings
- Telegram - [link here](#)
- Signal - [link here](#)
-

Chapter 6. Video calling

- security tips and settings
- Discord - [link here](#)

Chapter 7. Password Manager

- security tips and settings
- 1password - [link here](#)

Chapter 8. Browser

- Brave - [link here](#)
- Duckduckgo - [link here](#)
- Librewolf - [link here](#)
- Tor - [link here](#)
-

Chapter 9. Social Media

- Reddit - [link here](#)
- GitHub - [link here](#)
- Imprint - [link here](#)
- Substack - [link here](#)
- Medium - [link here](#)
-

Chapter 10. Useful free tools

- 123Apps - free tools - [link here](#)
- Vert - file converter - [link here](#)

Chapter 11. eSims

- eSim Plus - free eSims - [link here](#)

Chapter 12. Free knowledge

- P2PU - [link here](#)
- Highbrow - [link here](#)
- University of the people - [link here](#)
- Wikihow - [link here](#)
- Codedex - [link here](#)
- Manualslib - [link here](#)
- 1a auto - [link tree](#)
-

Chapter 13. Banking, payments etc.

- Privacy - [link here](#)

Chapter 14. Cloud (Drive)

- Proton Drive - Google Drive Alt. - [link here](#)
- Tresorit - Google Drive Alt. - [link here](#)

Chapter 15. Video conference

- Wire - [link here](#)
- Jitsi - [link here](#)
- Brave talk - [link here](#)

Chapter 16. 2FA

- FreeOTP - [link here](#)

Chapter 17. Video

- Invidious - front-end to YouTube - [link here](#)
- New Pipe - lightweight YouTube - [link here](#)
- Grayjay - creator focused YouTube - [link here](#)
- VLC - video player - [link here](#)
- Cobalt - video/audio downloader - [link here](#)

Chapter 18. Maps

- OsmAnd - [link here](#)
- Organic Maps - [link here](#)

Chapter 19. Notes

- Standard Notes - [link here](#)
- Notesnook - [link here](#)

Chapter 20. Photos Drives

- Immich - Google Photos Alternative - [link here](#)
- Ente - Google Photos Alternative - [link here](#)

Chapter 21. Translate

- DeepL - translate - [link here](#)
- Libre Translate - translate - [link here](#)

Chapter 22. Office tools (word, excel, presentation)

- CryptPad - [link here](#)
- Libre office - [link here](#)

Chapter 23. Newsletter

- TLDR - [link here](#)
- Milkway - [link here](#)

Chapter 24. AI

- Local hosted
- Free AI

Additional literature

Here you can find some interesting books about technology both current trending and with historic significance.

Closing statement

In our era technology moves fast and it is easy to
lose your grip over it.

I hope this gui

I do not fear computers. I fear the lack of them.

- Isaac Asimov