

*Title: Internet Security*

*Category: Information*

*Time: 10 minutes*

## Spam

Spam refers to unwanted emails that you often receive without having signed up for them. You constantly get emails from the same sender or company. Spam can also have fraudulent intentions.

## VPN

VPN stands for Virtual Private Network. With a VPN, you can establish a secure connection over the internet, thus protecting your privacy. You can also use VPN to change your location. For example, if you are in Switzerland, you can use VPN to make it appear as if you are in Japan. This allows you to see the websites displayed to Japanese citizens. This can be useful for seeing what results are shown in other countries, as they are often different.

## Scammers and Phishing

Scammers are fraudsters who often operate on the internet and try to make money through various fraudulent methods. Phishing refers to fake websites or emails that aim to steal personal information by pretending to be legitimate companies.

## Cookies

When you visit a website, you often see a message asking to accept cookies. Cookies are often used to provide a better service. If you accept cookies, small files with information about you are stored, such as what you click on the website or how long you stay on it. This makes the website easier to use but also enables personalized advertising. For example, if you frequently view certain recipes, relevant ads will be displayed. Cookies are not necessarily bad, but also not necessarily good, as information is stored. However, it is often harmless.