

Task 8 : Working and understanding VPN



Summary: VPN Benefits and Limitations

Benefits of VPNs

1. **Enhanced Privacy:** VPNs prevent ISPs, hackers, and government surveillance from viewing your online activities.
2. **Secure Public Wi-Fi:** Encrypts your data on unsecured networks (e.g., airports, cafes).
3. **Bypass Geo-Restrictions:** Lets you access content and websites restricted in your region.
4. **Avoid Bandwidth Throttling:** ISPs cannot detect your activity and throttle your speeds.

Limitations of VPNs

1. **Slower Speeds:** Encryption and rerouting can slow down internet speeds.
2. **No Protection from All Threats:** VPNs don't block malware, phishing, or zero-day attacks (antivirus is still needed).
3. **False Sense of Security:** Users might assume total anonymity, but some VPNs log data or leak IPs.
4. **Legal and Policy Risks:** Some countries ban or restrict VPN usage.
5. **Trust Issues:** Free or shady VPNs may log data or sell it to advertisers.