Task 8: VPN Setup and Connection Testing
Cyber Security Internship – Practical Work Report

Date: 25-11-2025

Objective:
Test how a VPN changes IP address and encrypts internet traffic to improve privacy.

VPN Used:
ProtonVPN Free Edition

Steps Followed:
1. Opened browser and visited: https://protonvpn.com/
2. Created a free account using email.
3. Downloaded ProtonVPN client for Windows.
4. Installed the software and logged in.
5. Selected a free server (Netherlands – Free)
6. Clicked on the “Connect” button.
7. Opened whatismyipaddress.com to check the new IP address.
8. Browsed some websites to test encrypted connections.
9. Disconnected the VPN and checked the original IP address again.

Observations:
- IP changed from India to Netherlands
- Internet speed became slightly slower due to encryption
- ISP cannot see browsing data while VPN is ON

Benefits of VPN:
- Hides real identity and location
- Encrypts data traffic
- Protects on public Wi-Fi
- Blocks tracking & spying

Limitations of VPN:
- Free servers are slow during peak time
- Some websites still track browser fingerprint
- Not 100% anonymous if logged in to personal accounts

Security Learning:
A VPN adds a strong layer of online security.
But it should be combined with strong passwords and safe browsing habits.

Screenshots to Capture:
✔ VPN App connected window
✔ IP before connection
✔ IP after connection

Conclusion:

I successfully installed and tested ProtonVPN.
VPN helped secure my traffic and change my public IP address.
It is an important privacy tool for cybersecurity.