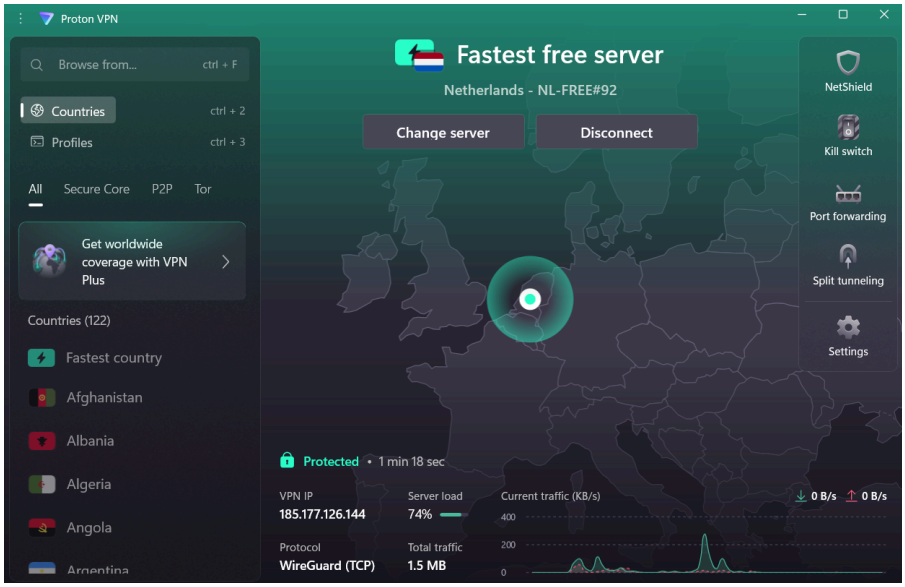
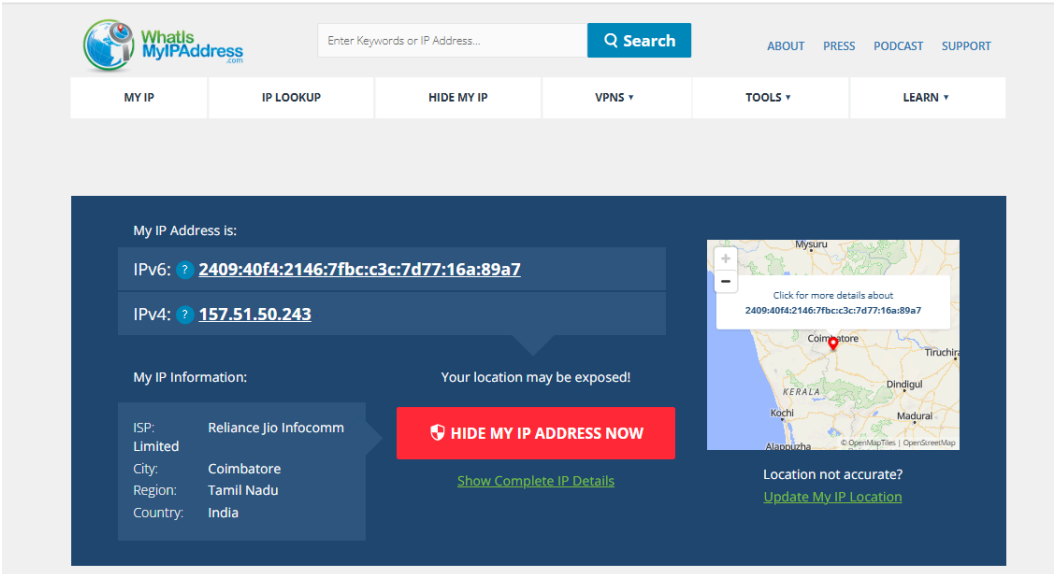
Elevate Labs Internship

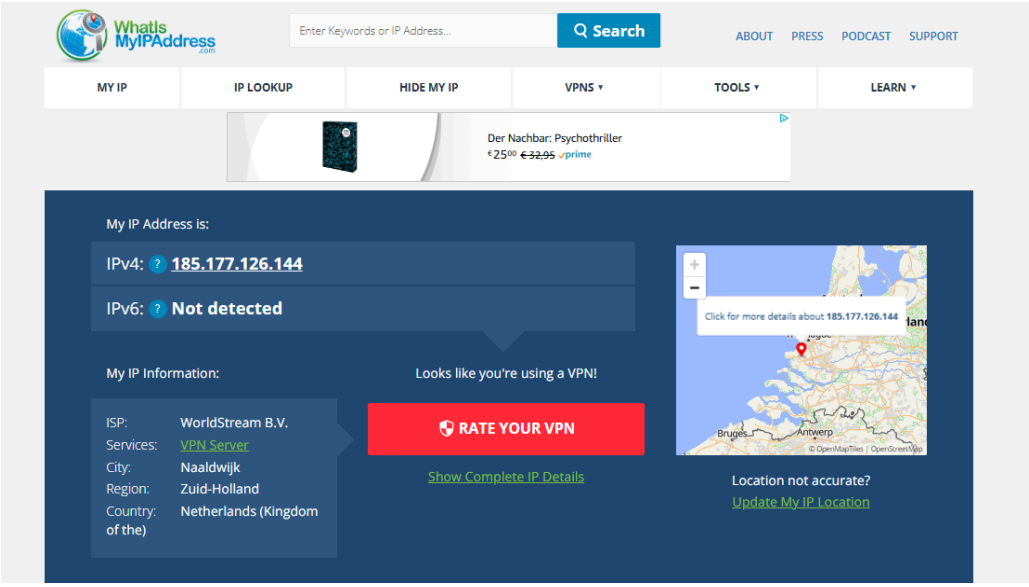
Task -8

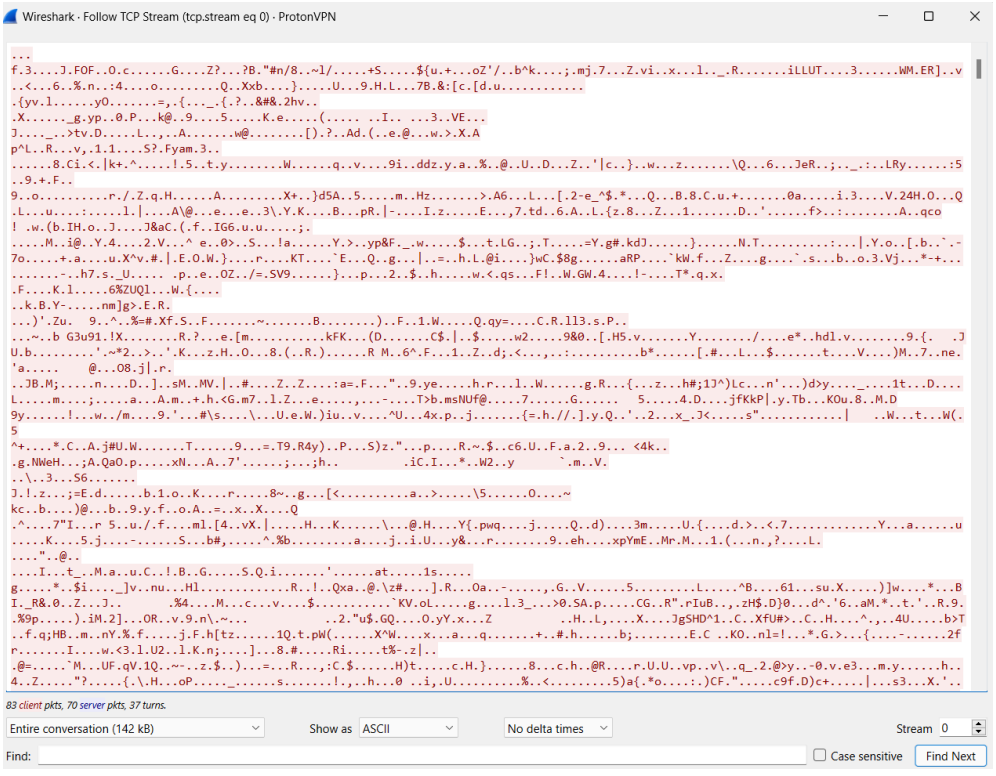
1. Installed Proton VPN

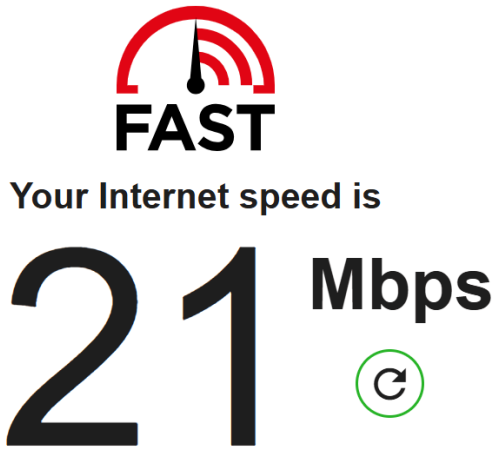




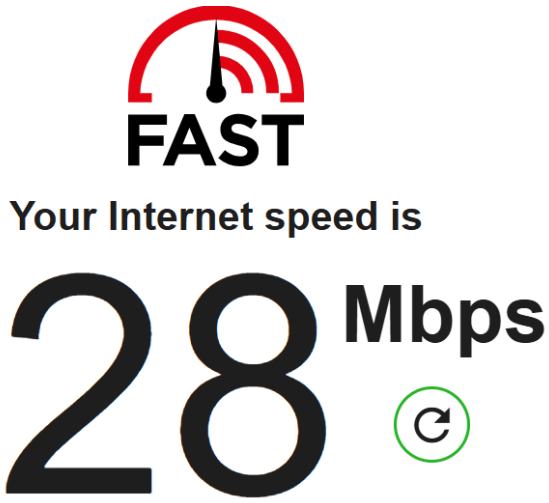
While Connected to VPN







After Disconnecting the VPN



8. Benefits

- Privacy. Using a VPN masks your real IP address and location, making your online activity more private.

- Security. A VPN creates an encrypted tunnel between your device and a VPN server. This encryption helps protect sensitive information like passwords, credit card numbers, and sensitive data from hackers, especially when you're using public Wi-Fi networks.
- Access to home content from abroad. VPNs allow you to access your home content from different regions by connecting to servers in those locations.
- No more bandwidth throttling. If your ISP is throttling your internet speed based on your activity (like watching online videos or gaming), a VPN can hide your activity type, potentially preventing this targeted slowdown and reducing lag in the process.

Limitations

- Speed drop: Due to encryption overhead and longer routing paths.
- Limited features in free tiers: Fewer servers, no streaming support.
- Not 100% anonymous: VPNs can still see your data unless zero-logs policy is truly enforced.
- May not bypass all restrictions: Some streaming services detect and block VPN IPs.