VPN Summary:

**Title:** VPN Setup, Connection Test, and Summary Report

**Sections:**

1. VPN Service Chosen: ProtonVPN (Free)
2. Setup Steps- Installed and connect with the server
3. IP Address Change: Before & After (include screenshot)
4. Connection Status: Encrypted and verified
5. Browsing Speed: Slightly slower after connecting
6. Encryption & Privacy Features (AES-256, no-logs, OpenVPN)
7. VPN Benefits and Limitations

**Benefits of Using a VPN:**

* **Privacy Protection**: A VPN masks our IP address, making it difficult for websites, advertisers, or ISPs to track your online activity.
* **Data Encryption**: VPNs encrypt our internet traffic, protecting it from hackers, especially on public Wi-Fi networks.
* **Access to Geo-Restricted Content**: we can access websites or streaming content not available in our region.
* **Bypass Censorship**: VPNs can help users access restricted content in countries with internet censorship.

**Limitations of Using a VPN:**

* **Reduced Internet Speed**: Encryption and longer routing paths may slow down our connection.
* **Not Fully Anonymous**: VPNs don’t make you fully anonymous. The VPN provider can still see your traffic unless they follow a strict no-logs policy.
* **Trust in the Provider**: we need to trust that the VPN provider is not logging or misusing your data.
* **Limited Functionality on Free Plans**: Many free VPNs have data limits, slower speeds, or fewer server choices.

1. Conclusion: VPNs are powerful tools for privacy and internet freedom, but we must choose a reputable provider and understand their limitations, especially when using free services.