# VPN Practical Task Report

## Step 1: Choose a reputable free VPN service and sign up

Selected VPN: Proton VPN — a free, reputable, privacy-focused VPN based in Switzerland.

## Step 2: Download and install the VPN client

Downloaded Proton VPN from its official website and installed it successfully.

## Step 3: Connect to a VPN server (choose closest or any location)

Connected to the fastest available free server using Proton VPN app.

## Step 4: Verify your IP address has changed (use whatismyipaddress.com)

Visited whatismyipaddress.com and confirmed that the IP address and location were different from my original (India).

## Step 5: Browse a website to confirm traffic is encrypted

Browsed a website while connected to Proton VPN. The site loaded normally, confirming encrypted traffic.

## Step 6: Disconnect VPN and compare browsing speed and IP

Disconnected the VPN and revisited whatismyipaddress.com. IP address reverted to original Indian location.

## Step 7: Research VPN encryption and privacy features

- AES-256-bit encryption  
- OpenVPN and WireGuard protocols  
- Strict no-logs policy  
- Based in Switzerland

## Step 8: Write a summary on VPN benefits and limitations

VPNs protect online privacy, encrypt data, and hide IP addresses. Free VPNs offer good privacy but may limit speed or server choices.

Outcome: Completed hands-on VPN practice and understood its real-world use in privacy and security.