

# VPN - what it is, why it helps, and smart settings for everyday use

Gridinsoft Help Center

## What it is

A VPN is an app that creates a secure tunnel for your internet traffic. It scrambles your data so Wi-Fi owners, ISPs, or snoopers can't read it, and it can make your connection look like it's coming from another location. People use VPNs for privacy on public Wi-Fi, to reduce tracking, and to reach sites that are blocked where they are. Simple intro and tips: <https://gridinsoft.com/vpn>

## Why it matters

On caf  or school Wi-Fi, others on the network could spy on what you're doing. A VPN encrypts that traffic so it's much harder to snoop or tamper with. It also hides your IP from the sites you visit, which cuts down on profiling.

## How it works

- Encrypt: the VPN app encrypts your traffic on your device.
- Tunnel: the data goes through a VPN server first, then out to the internet.
- Mask: websites see the VPN server's IP, not your real one.
- Choose: you can pick servers in different countries for routing.

## Red flags

- "Free, unlimited" VPNs with vague privacy policies or lots of ads.
- Apps asking for unnecessary permissions or installing root certificates.
- Sudden captchas on every site or much slower speeds than usual.
- DNS/IP leaks in your VPN's built-in test page or privacy reports.

## Do it right

- Pick a reputable VPN with clear no-logs claims, strong encryption, and a kill switch.
- Turn on auto-connect for untrusted Wi-Fi and use split tunneling only if you know why.
- Keep your VPN, OS, and browser updated.
- Remember: a VPN improves privacy, but it's not a magic cloak. Still use strong passwords, MFA, and safe browsing habits.