Name: _____ Date: _____ Score: _____

Best VPN for Streaming on Your Phone

Fast phone apps, kill switches, and the right server country for streaming on mobile.

BEST VPN FOR STREAMING ON YOUR PHONE LEARNING OVERVIEW

LEARNER
STUDENT STATUS
Network Defender Track

MOBILE
PLATFORM FOCUS
iOS and Android apps

4
PICKS COMPARED
NordVPN to CyberGhost

Welcome! This activity packet guides you through streaming with a VPN on a phone. You will explore app store country vs VPN location, mobile data use, Wi-Fi to cellular switching, battery use, casting to a TV, and setup on iPhone and Android.

WORKSHEET CHECKPOINTS

- [ ] **Part 1-4: Master VPN and network security configurations.**
- [ ] **Part 5-7: Solve crossword & word search puzzles.**
- [ ] **Part 8-9: Solve case studies & cipher challenge.**
- [ ] **Part 10: Review basic & advanced FAQ pages.**
- [ ] **Part 11: Explore 10 interesting real-world facts.**
- [ ] **Bonus: Think Fast challenge.**

Open the VPN.com Best VPN for Streaming on Your Phone Guide

URL: https://www.vpn.com/vpn/best-vpn-for-streaming/mobile/

Your Phone Streaming VPN Learning Roadmap

- Explain the difference between your app store country and your VPN location.
- Estimate how much mobile data video uses and how quality settings change it.
- Describe how a phone rebuilds the VPN tunnel when it switches between Wi-Fi and cellular.
- Decide how casting from a phone to a TV changes which device the VPN covers.
- Compare the four ranked VPN picks on device limits, kill switch support, and refund windows.
- Follow a seven step setup for streaming with a VPN on iPhone or Android.

PHONE STREAMING VPN GUIDE INSTRUCTIONS

Answer the multiple choice and true/false questions, complete the fill in the blank sentences using the word bank, match definitions, and solve the crossword and word search puzzles. Apply what you learn about app store country, network switching, and casting. Finish with the Bonus Activity: Think Fast.

STREAMING ON A PHONE (INTRODUCTION)

A phone changes network all day: home Wi-Fi, a train hotspot, a hotel network, then 5G. A VPN that works on a laptop can stall video on a phone, so look for fast iOS and Android apps, a kill switch, and servers in the country whose library you pay for.

READ EACH CHECKPOINT CAREFULLY AND SELECT OR WRITE THE CORRECT RESPONSE.

Checkpoint 1: Multiple Choice Challenge

1. What do the Apple App Store and Google Play follow?

- A) The country on your account
- B) Your IP address
- C) Your VPN server location
- D) Your cellular carrier

2. According to Netflix, about how much data can 4K video use in one hour?

- A) Up to 1 GB
- B) Up to 3 GB
- C) Up to 7 GB
- D) Up to 12 GB

3. Which of the four picks offers the longest money back window?

- A) NordVPN
- B) CyberGhost
- C) Surfshark
- D) ExpressVPN

4. Which of the four picks has no device limit?

- A) NordVPN
- B) ExpressVPN
- C) CyberGhost
- D) Surfshark

5. When you cast from inside an app, how does the TV often load the video?

- A) Through the phone's VPN
- B) Over Bluetooth
- C) Through your app store account
- D) On its own connection

Checkpoint 2: True or False Challenge

6 Question 6

6. A VPN changes the country of your Apple App Store or Google Play account.

○ True ○ False

7 Question 7

7. A kill switch blocks traffic while the tunnel rebuilds, so the app never sees your real location.

○ True ○ False

8 Question 8

8. OpenVPN rebuilds the tunnel faster than WireGuard based protocols after a network switch.

○ True ○ False

9 Question 9

9. If you mirror your phone's screen to a TV, the VPN on the phone covers the stream.

○ True ○ False

10 Question 10

10. On an iPhone, a VPN app can send only the streaming app through the VPN.

○ True ○ False

Checkpoint 3: Key Term Insertion

Read each sentence below and fill in the blank with the correct term from the Word Bank.

1. WireGuard has built in _____ : when one side's IP address changes, the other updates.

2. ExpressVPN's own protocol, which rebuilds the tunnel quickly, is _____ .

3. A _____ blocks traffic while the tunnel rebuilds so the app never sees your real location.

4. On Android, a VPN app can route only a chosen list of apps, a feature many apps call _____ .

5. The _____ follows the country on your account, not your IP address.

6. Phone _____ is drained by a constant encrypted tunnel that keeps the radio and CPU busy.

VOCABULARY WORD BANK

APP STORE | BATTERY | CASTING | KILL SWITCH | LIGHTWAY | ROAMING | SPLIT TUNNEL | WIREGUARD

Write your answers here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Checkpoint 4: Mobile Streaming Concept Match

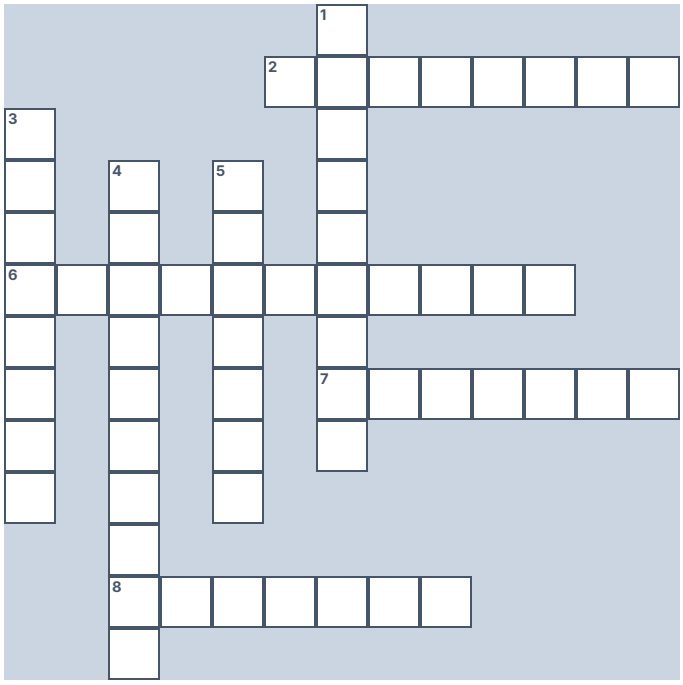
DEFINITION MATCHING

Match each vocabulary term on the left with its correct definition on the right by writing the corresponding letter (A-H) in the fillable input box.

☐	1. WIREGUARD	A	Apple or Google storefront that follows your account country, not your IP.
☐	2. LIGHTWAY	B	Protocol with built in roaming that rebuilds quickly after a network change.
☐	3. KILL SWITCH	C	Built in WireGuard feature: when one side's IP address changes, the other updates.
☐	4. ROAMING	D	Blocks traffic while the tunnel rebuilds so the app never sees your real location.
☐	5. BATTERY	E	ExpressVPN's protocol, which rebuilds the tunnel quickly.
☐	6. CASTING	F	Android feature that sends only chosen apps through the VPN.
☐	7. SPLIT TUNNEL	G	Sending video from your phone to a TV or stick on the same network.
☐	8. APP STORE	H	Phone power drained by a constant encrypted tunnel.

Checkpoint 5: Crossword Puzzle

Solve the crossword puzzle by typing letters into the active white boxes. The numbers correspond to the clues below.



ACROSS

2. ExpressVPN's protocol, which rebuilds the tunnel quickly. (8)

6. Android feature that sends only chosen apps through the VPN. (11)

7. Built in WireGuard feature: when one side's IP address changes, the other updates. (7)

8. Sending video from your phone to a TV or stick on the same network. (7)

DOWN

1. Protocol with built in roaming that rebuilds quickly after a network change. (9)

3. Apple or Google storefront that follows your account country, not your IP. (8)

4. Blocks traffic while the tunnel rebuilds so the app never sees your real location. (10)

5. Phone power drained by a constant encrypted tunnel. (7)

Checkpoint 5 Alternative: Accessible Crossword Clues

Screen-reader and keyboard users can type the crossword answers directly in the text fields below.

ACROSS

2 across: ExpressVPN's protocol, which rebuilds the tunnel quickly. (8 letters):

6 across: Android feature that sends only chosen apps through the VPN. (11 letters):

7 across: Built in WireGuard feature: when one side's IP address changes, the other updates. (7 letters):

8 across: Sending video from your phone to a TV or stick on the same network. (7 letters):

DOWN

1 down: Protocol with built in roaming that rebuilds quickly after a network change. (9 letters):

3 down: Apple or Google storefront that follows your account country, not your IP. (8 letters):

4 down: Blocks traffic while the tunnel rebuilds so the app never sees your real location. (10 letters):

5 down: Phone power drained by a constant encrypted tunnel. (7 letters):

Checkpoint 6: Hidden Word Search

Find the 8 key vocabulary terms hidden in the grid below. Words can be horizontal, vertical, or diagonal.

U S T E L J B A A B C P X L K
Y K X T K D Q P M J R D I N N
H G K Q P G M P M Q O R S T T
C N G C S Q O S H S A B W D S
T I Z V C S Z T W F M K H W Z
I T D N D P Q O X P I C U I B
W S A Z N L D R L K N A D R O
S A D F H I I E I B G D R E Q
L C M E I T R Z G A S F Q G V
L F A A Q T O N H T P T X U Q
I K R U S U D N T T Y B F A S
K X W J A N R Z W E Y Y L R G
I M R J M N L T A R O H Q D Q
H Z A O V E G U Y Y B Y R Y B
H L Z G J L O P N W C M Z Y G

VOCABULARY WORD LIST

WIREGUARD LIGHTWAY KILLSWITCH ROAMING BATTERY CASTING
SPLITTUNNEL APPSTORE

Checkpoint 6 Alternative: Accessible Vocabulary Matching

Match each of the 8 vocabulary terms from the Word Search to its correct definition by writing the letter (A-H) in the blank space.

VOCABULARY TERMS

- **A. WIREGUARD**
- **B. LIGHTWAY**
- **C. KILLSWITCH**
- **D. ROAMING**
- **E. BATTERY**
- **F. CASTING**
- **G. SPLITTUNNEL**
- **H. APPSTORE**

DEFINITIONS & MATCH FIELDS

_____ 1. Sending video from your phone to a TV or stick on the same network.

_____ 2. Built in WireGuard feature: when one side's IP address changes, the other updates.

_____ 3. Apple or Google storefront that follows your account country, not your IP.

_____ 4. Android feature that sends only chosen apps through the VPN.

_____ 5. Blocks traffic while the tunnel rebuilds so the app never sees your real location.

_____ 6. Protocol with built in roaming that rebuilds quickly after a network change.

_____ 7. ExpressVPN's protocol, which rebuilds the tunnel quickly.

_____ 8. Phone power drained by a constant encrypted tunnel.

Checkpoint 7: Scrambled Word Challenge

Unscramble the letters below to reveal key mobile streaming VPN terms. Write your answers in the input boxes provided.

1. UGEIWARDR
2. CLKISHITWL
3. TBEYTRA
4. UELTLTNNSPI
5. TWIYHLAG
6. NAIRMGO
7. CNIGATS
8. SPTEAROP

Bonus Activity: Think Fast

3 ITEMS FROM EACH CATEGORY. FIRST PERSON TO COMPLETE THE LIST WINS.

1	Snacks for a movie night			
2	Picture quality levels you know			
3	Reasons a video buffers			
4	Things that make streaming better			
5	Streaming services you use most			
6	Shows you would recommend			
7	Words related to geo-blocking			
8	Movie genres you like			
9	Streaming services you know			
10	Devices for streaming			
11	Things that use lots of bandwidth			
12	Reasons a video won't play			
13	Sports events people stream			
14	Things to check before streaming on a trip			
15	Tips for smoother streaming			

Checkpoint 8: Phone Streaming VPN Case Studies

Apply the concepts you have learned to solve the real-world scenarios below.

CASE STUDY 1: THE STREAM PAUSES ON 5G



Scenario: A student watches a show on the train over Wi-Fi, then the phone switches to 5G and the video pauses for a moment.

Discussion Question: Why does the pause happen, which protocols recover quickly, and why keep the kill switch on?

CASE STUDY 2: CASTING FROM AN APP



Scenario: A student connects the phone VPN, then casts a show from inside the app to a TV, but the TV shows the wrong library.

Discussion Question: Why does the phone VPN not cover the TV here, and what two options does the page give to cover it?

Checkpoint 9: Decrypting the Cipher

A student tests a streaming VPN on a phone. Use the Letter-to-Number key below to decrypt the message by writing the matching letters in the blank spaces.

LETTER-TO-NUMBER ENCRYPTION KEY

A=1 B=2 C=3 D=4 E=5 F=6 G=7 H=8 I=9 J=10 K=11 L=12 M=13

N=14 O=15 P=16 Q=17 R=18 S=19 T=20 U=21 V=22 W=23 X=24 Y=25 Z=26

21	19	5		11	9	12	12		19	23	9	20	3	8

Decoded message:

TIP: EACH NUMBER REPRESENTS THE POSITION OF THAT LETTER IN THE ALPHABET (E.G. 1 = A, 2 = B, 26 = Z).

Checkpoint 10: Basic VPN FAQs (Part A)

Review the most common questions and answers regarding Virtual Private Networks (VPNs) and tunneling.

Q1: Will a VPN slow down streaming on my phone?

A VPN adds a small delay because your traffic takes an extra hop. On a nearby server with a WireGuard based protocol, the added delay is usually small. It cannot make a slow connection faster, but it can help when your ISP slows video at busy hours.

Q2: Does a VPN use more mobile data?

A little. Encryption adds a small overhead on top of the video. The quality setting in the streaming app matters far more, so lower it on cellular if your plan is limited.

Q3: Can I use a VPN to change my app store region?

No. The Apple App Store and Google Play follow the country on your account, not your IP address. A VPN changes what a streaming app sees once it is open.

Q4: Will my stream keep playing when my phone switches from Wi-Fi to 5G?

It depends on the protocol. WireGuard based protocols and Lightway rebuild the tunnel quickly, but a brief pause is still possible. Turn on the kill switch and test the switch on your own networks.

Q5: Does the VPN on my phone cover the TV when I cast?

It depends on how you cast. Mirroring the screen goes through the phone, so the VPN covers it. Casting from inside an app often makes the TV load the video itself on its own connection.

Checkpoint 10: Basic VPN FAQs (Part B)

Review the most common questions and answers regarding Virtual Private Networks (VPNs) and tunneling.

Q6: Is it safe to stream on public Wi-Fi without a VPN?

A VPN encrypts your traffic so the Wi-Fi network cannot see what you watch. Streaming apps already encrypt most video, but the network can still see which services you connect to. A VPN hides that as well.

Q7: Is it legal to use a VPN to watch streaming services on my phone?

VPN use is legal in most countries. Reaching a library from another region can conflict with a service's terms, which is a civil matter rather than a criminal one. The realistic worst case is the service blocking the connection.

Q8: Can one VPN plan cover everyone's phones for streaming?

NordVPN covers 10 devices, ExpressVPN 10, CyberGhost 7, and Surfshark has no device limit. Check the current limit on the provider's page before you buy.

Q9: Can I try a VPN for streaming without risk?

Yes. NordVPN, ExpressVPN and Surfshark offer a 30 day money back guarantee, and CyberGhost offers 45 days. Use that window to test your streaming apps on Wi-Fi and cellular.

Q10: Do I need the VPN on while a downloaded show plays offline?

No. Offline playback needs no connection, so the VPN does nothing for it. Connect only while you browse, start a stream, or download over cellular, then disconnect to save battery.

Checkpoint 10: Advanced VPN FAQs (Part C)

Explore the finer points of streaming with a VPN on a phone, including app stores, mobile data, network switching, and battery use.

Q1: Why is the app store region different from the VPN location?

The store follows the country on your account, while the VPN location is what the streaming app sees once it is open. Mixing them up causes most phone streaming problems.

Q2: What does it take to change the country of an app store?

You change the setting in the account, with a valid payment method from the new country. Apple and Google Play each work this way.

Q3: How much data does video use, according to Netflix?

Netflix states that standard definition uses up to 1 GB an hour, HD up to 3 GB and 4K up to 7 GB.

Q4: How can I save mobile data when streaming?

Cap the quality in the streaming app on cellular, or download shows on Wi-Fi to watch later. The VPN overhead is usually only a few percent.

Q5: How can I save battery when streaming with a VPN?

WireGuard based protocols are leaner than OpenVPN. Connect when you start watching and disconnect when you finish, rather than leaving the VPN on all day.

Checkpoint 10: Advanced VPN FAQs (Part D)

Explore the finer points of streaming with a VPN on a phone, including casting, setup, platform differences, and troubleshooting.

Q6: What should I do if the streaming app still shows the wrong library?

Close the app fully, connect the VPN, then reopen it. Try another server in the same country. Services update their blocks over time, so access can change.

Q7: What if the video buffers or drops to low quality?

Move to a closer server and test again. If it only happens on cellular, the problem may be the signal rather than the VPN, so try the other network.

Q8: What if the app says a VPN was detected?

Some services block known VPN IP ranges, so try a different server. If it keeps failing, the service may not allow VPN use, and you should not work around that.

Q9: How do Android and iPhone differ for streaming?

On Android, the system lets a VPN app route only a chosen list of apps, so many VPN apps offer split tunneling. iOS cannot route single apps in the same way, so the whole iPhone uses the VPN while it is connected.

Q10: What does the final verdict recommend?

Choose a WireGuard based protocol or Lightway, switch on the kill switch, and test your own streaming apps on Wi-Fi and cellular.

Part 11: 10 Real-World VPN Facts & Insights

Review real facts from the VPN.com page on Trust Scores, mobile data, protocols, device limits, and casting.

1. VPN INSIGHT

NordVPN is the #1 pick of 4 with a 93 Trust Score, built from Trust & Value at 27 out of 30 and VPN Performance at 66 out of 70.

2. VPN INSIGHT

The other picks score 86 for ExpressVPN, 85 for Surfshark and 85 for CyberGhost.

3. VPN INSIGHT

Netflix states that standard definition uses up to 1 GB an hour, HD up to 3 GB and 4K up to 7 GB.

4. VPN INSIGHT

WireGuard has built in roaming: when one side's IP address changes, the other updates automatically.

5. VPN INSIGHT

NordVPN covers 10 devices, ExpressVPN 10, CyberGhost 7, and Surfshark has no device limit.

6. VPN INSIGHT

NordVPN, ExpressVPN and Surfshark offer a 30 day money back guarantee. CyberGhost offers 45 days.

7. VPN INSIGHT

ExpressVPN, Surfshark and CyberGhost list a kill switch as stated by the provider on all 4 platforms. NordVPN lists 3 of 4, with iOS not stated.

8. VPN INSIGHT

On Android, the system lets a VPN app route only a chosen list of apps. iOS cannot route single apps in the same way.

9. VPN INSIGHT

Apple and Google Play each make you change the store country in the account, with a valid payment method from the new country.

10. VPN INSIGHT

Server counts listed are 7,213 for NordVPN, 9,600+ for CyberGhost, 4,500+ for Surfshark and 3,000+ for ExpressVPN.

Technical References & Sources

The study guide and puzzles are compiled from the VPN.com page and the sources it cites.

SCHOLARLY & INDUSTRY REFERENCES

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Answer Key: Checkpoint 1 - Multiple Choice

1 **App Store Country** ACCOUNT COUNTRY — **Correct Answer: A**

TEACHING NOTE

The Apple App Store and Google Play follow the country on your account, not your IP address.

2 **4K Data Use** UP TO 7 GB — **Correct Answer: C**

TEACHING NOTE

Netflix states that standard definition uses up to 1 GB an hour, HD up to 3 GB and 4K up to 7 GB.

3 **Refund Window** 45 DAYS — **Correct Answer: B**

TEACHING NOTE

CyberGhost offers a 45 day money back guarantee, while the other three offer 30 days.

4 **Device Limit** UNLIMITED — **Correct Answer: D**

TEACHING NOTE

Surfshark has no device limit, while NordVPN and ExpressVPN cover 10 and CyberGhost 7.

5 **Casting from an App** TV CONNECTION — **Correct Answer: D**

TEACHING NOTE

Many apps hand the video to the TV, which then loads it on its own connection.

Answer Key: Checkpoint 2 - True or False

6 **App Store Region** VPN DOES NOT CHANGE **Correct Answer: False**

TEACHING NOTE

A VPN does not change the store country. Apple and Google make you change it in the account.

7 **Kill Switch** NO LEAK **Correct Answer: True**

TEACHING NOTE

During the short gap while the tunnel rebuilds, the kill switch blocks traffic so the app never sees your real location.

8 **Protocol Speed** OPENVPN SLOWER **Correct Answer: False**

TEACHING NOTE

WireGuard based protocols and Lightway rebuild quickly, while OpenVPN takes noticeably longer.

9 **Screen Mirroring** PHONE VPN COVERS **Correct Answer: True**

TEACHING NOTE

If your phone mirrors its screen to the TV, the phone is doing the work, so the VPN on the phone covers the stream.

10 **iPhone Routing** WHOLE PHONE **Correct Answer: False**

TEACHING NOTE

iOS cannot route single apps in the same way as Android, so on an iPhone the whole phone uses the VPN while it is connected.

Vocabulary Keys & Grading Rubric

Instructor Grading Rubric: Award 1 point for each correct matching (8 points total) and context term (6 points total).

CHECKPOINT 4: CONCEPT MATCH KEY

B 1. WIREGUARD	E 2. LIGHTWAY	D 3. KILL SWITCH	C 4. ROAMING
H 5. BATTERY	G 6. CASTING	F 7. SPLIT TUNNEL	A 8. APP STORE

CHECKPOINT 3: KEY TERM KEY

1 ROAMING	2 LIGHTWAY	3 KILL SWITCH	4 SPLIT TUNNEL
5 APP STORE	6 BATTERY		

CHECKPOINT 6 ALTERNATIVE: VOCABULARY MATCH KEY

1 F – CASTING	2 D – ROAMING	3 H – APPSTORE	4 G – SPLITTUNNEL
5 C – KILLSWITCH	6 A – WIREGUARD	7 B – LIGHTWAY	8 E – BATTERY

DISCUSSION NOTES FOR INSTRUCTORS

Key Terms:
Check that students can explain WIREGUARD, LIGHTWAY and KILL SWITCH in their own words and give an example of each.

Case Studies:
Ask students to support their recommendations with facts from the worksheet rather than assumptions.

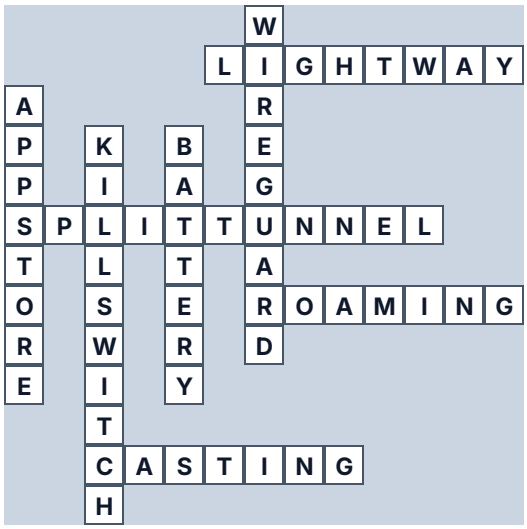
Source Evaluation:
Have students verify at least one claim against the worksheet references, and discuss why figures, prices and rules can change over time.

Puzzles Keys & Instructor Notes

WORD SEARCH SOLUTION

U	S	T	E	L	J	B	A	A	B	C	P	X	L	K
Y	K	X	T	K	D	Q	P	M	J	R	D	I	N	N
H	G	K	Q	P	G	M	P	M	Q	O	R	S	T	T
C	N	G	C	S	Q	O	S	H	S	A	B	W	D	S
T	I	Z	V	C	S	Z	T	W	F	M	K	H	W	Z
I	T	D	N	D	P	Q	O	X	P	I	C	U	I	B
W	S	A	Z	N	L	D	R	L	K	N	A	D	R	O
S	A	D	F	H	I	I	E	I	B	G	D	R	E	Q
L	C	M	E	I	T	R	Z	G	A	S	F	Q	G	V
L	F	A	A	Q	T	O	N	H	T	P	T	X	U	Q
I	K	R	U	S	U	D	N	T	T	Y	B	F	A	S
K	X	W	J	A	N	R	Z	W	E	Y	Y	L	R	G
I	M	R	J	M	N	L	T	A	R	O	H	Q	D	Q
H	Z	A	O	V	E	G	U	Y	Y	B	Y	R	Y	B
H	L	Z	G	J	L	O	P	N	W	C	M	Z	Y	G

CROSSWORD SOLUTION



INSTRUCTOR GUIDE FOR CROSSWORD SOLUTIONS

ACROSS

2 across: LIGHTWAY ExpressVPN's protocol, which rebuilds the tunnel quickly. (8 letters)

6 across: SPLITTUNNEL Android feature that sends only chosen apps through the VPN. (11 letters)

7 across: ROAMING Built in WireGuard feature: when one side's IP address changes, the other updates. (7 letters)

8 across: CASTING Sending video from your phone to a TV or stick on the same network. (7 letters)

DOWN

1 down: WIREGUARD Protocol with built in roaming that rebuilds quickly after a network change. (9 letters)

3 down: APPSTORE Apple or Google storefront that follows your account country, not your IP. (8 letters)

4 down: KILLSWITCH Blocks traffic while the tunnel rebuilds so the app never sees your real location. (10 letters)

5 down: BATTERY Phone power drained by a constant encrypted tunnel. (7 letters)

Scrambled Words & Cipher Solution Key

Grading key for the vocabulary word unscramble activity and Secret Cipher Challenge.

WORD UNSCRAMBLE KEY

1. UGEIWARDR — **WIREGUARD**
2. CLKISHITWL — **KILLSWITCH**
3. TBEYTRA — **BATTERY**
4. UELTLTNNSPI — **SPLITTUNNEL**
5. TWIYHLAG — **LIGHTWAY**
6. NAIRMGO — **ROAMING**
7. CNIGATS — **CASTING**
8. SPTEAROP — **APPSTORE**

SECRET CIPHER CHALLENGE KEY

"USE KILL SWITCH"

Case Studies Solution Key

A Case Study 1: The Stream Pauses on 5G

Instructor Solution

GRADING GUIDELINE

Student answers should cover the following points:

- Scenario Analysis: A student watches a show on the train over Wi-Fi, then the phone switches to 5G and the video pauses for a moment because the old connection ends and the tunnel is rebuilt on the new network.
- Recommended Strategy & Solution: Use a WireGuard based protocol or Lightway, which rebuild quickly. Keep the kill switch on so the app never sees the real location during the gap, and expect that the video may pause for a second or two. Test on Wi-Fi and on cellular.

B Case Study 2: Casting from an App

Instructor Solution

GRADING GUIDELINE

Student answers should cover the following points:

- Scenario Analysis: A student connects the phone VPN, then casts a show from inside the app to a TV. The app hands the video to the TV, which loads it on its own connection from the real location, so the wrong library appears.
- Recommended Strategy & Solution: Mirror the phone screen instead, so the phone VPN covers the stream, or use a VPN app on the TV or stick where one exists, or a VPN compatible router. If casting fails, check the cast with the VPN off first.