

Name: _____

Date: _____

Score: _____

ProtonVPN Speed Test

Benchmarking ProtonVPN connection performance including VPN Accelerator technology, 10 Gbps server network, WireGuard protocol throughput, and latency reduction.

PROTONVPN SPEED TEST LEARNING OVERVIEW

LEARNER

STUDENT STATUS

Network Defender Track

SECURE

CONNECTION STATUS

Shielding data packets

100%

LEAK DEFENSE

DNS & IPv6 leak protection

Welcome! This activity packet guides you through Proton VPN speed benchmarks. You will explore VPN Accelerator technology, 10 Gbps server interfaces, WireGuard throughput, and latency reduction.

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.

Open the VPN.com Best VPNs Guide

URL: <https://www.vpn.com/vpn/protonvpn-speed-test/>

Your ProtonVPN Speed Learning Roadmap

- Analyze the technical architecture and configuration rules of ProtonVPN Speed Test.
- Configure client settings to prevent IP, DNS, and WebRTC traffic leaks.
- Compare custom pricing, trial, and performance features against standard models.

PROTONVPN SPEED 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 your knowledge to VPN Accelerator technology and 10 Gbps network nodes.

VPN ACCELERATOR PERFORMANCE & 10 GBPS INFRASTRUCTURE (INTRODUCTION)

Proton VPN delivers high connection throughput via its proprietary VPN Accelerator technology, multi-threaded CPU processing, BBR congestion control, and 10 Gbps server network interfaces.

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

Checkpoint 1: Multiple Choice Challenge

1 What proprietary technology accelerates Proton speeds up to 400%?

- ☐ A) QuickConnect
- ☐ B) VPN Accelerator
- ☐ C) Speed Engine
- ☐ D) Turbo Mode

2 What is the network port capacity on Proton's top server nodes?

- ☐ A) 100 Mbps
- ☐ B) 1 Gbps
- ☐ C) 10 Gbps
- ☐ D) 100 Gbps

3 Which protocol typically provides the fastest download throughput?

- ☐ A) OpenVPN TCP
- ☐ B) WireGuard
- ☐ C) PPTP
- ☐ D) IKEv2

4 How does VPN Accelerator overcome CPU bottlenecks?

- ☐ A) Multi-threading
- ☐ B) Lower Encryption
- ☐ C) Skipping Packets
- ☐ D) DNS Caching

5 What indicator in the Proton app helps choose fast servers?

- ☐ A) City Name
- ☐ B) Server Load %
- ☐ C) Alphabetical
- ☐ D) Country Flag

Checkpoint 2: True or False Challenge

6 Question 6

VPN Accelerator rewrites multi-hop TCP algorithms to reduce latency.

☐

True

☐

False

7 Question 7

Free tier users have access to the full 10 Gbps high-speed server network.

☐

True

☐

False

8 Question 8

WireGuard protocol offers higher throughput than legacy OpenVPN protocols.

☐

True

☐

False

9 Question 9

Connecting to geographically proximate servers generally results in lower ping.

☐

True

☐

False

10 Question 10

Split tunneling can improve streaming speed by excluding heavy bandwidth apps.

☐

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. Advanced packet routing technology that increases throughput is called _____engine.
2. High-capacity backbone network servers are equipped with _____connections.
3. The total volume of data successfully transferred per second is the _____rate.
4. The round-trip delay measured in milliseconds between client and server is _____metric.
5. Users select optimal connection points by checking the active server _____meter.
6. Processing crypto algorithms across multiple CPU cores is achieved by _____design.

VOCABULARY WORD BANK

ACCELRAT
LOADPERC

TENGIGAB
MULTITRD

THRUPUTX
BANDWDTH

LATENCYX
TCPBOTTX

Write your answers here:

- | | | | |
|----|----------------------|----|----------------------|
| 1. | <input type="text"/> | 2. | <input type="text"/> |
| 3. | <input type="text"/> | 4. | <input type="text"/> |
| 5. | <input type="text"/> | 6. | <input type="text"/> |

Checkpoint 4: VPN & Network 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.

ACCEL RAT

G The maximum data transmission capacity of a dedicated network connection.

TENGIGAB

A A suite of performance optimizations boosting connection speeds by up to 400%.

THRUPUTX

D The time delay in milliseconds required for network packets to travel round-trip.

LATENCYX

E The percentage capacity of a server currently utilized by connected users.

LOADPERC

F Distributing cryptographic tasks across multiple processor cores simultaneously.

MULTITRD

B High-capacity infrastructure supporting ten gigabit per second throughput.

BANDWDTH

H Performance degradation caused by standard TCP congestion control bottlenecks.

TCPBOTTX

C The measured rate of payload data transferred across a network per second.

Checkpoint 5: Crossword Puzzle

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

[illegible]

ACROSS

1. Proprietary acceleration technology boosting speed. (8 letters)
2. Proprietary acceleration technology boosting speed. (8 letters)
3. Ten gigabit per second server network interfaces. (8 letters)
4. Proprietary acceleration technology boosting speed. (8 letters)
5. Measurement of data transferred per unit time. (8 letters)
6. Proprietary acceleration technology boosting speed. (8 letters)
7. Packet round-trip time delay measured in ms. (8 letters)

DOWN

- 2.** Percentage of server capacity actively in use. (8 letters)
- 4.** Parallel processing across multiple processor cores. (8 letters)
- 6.** Total transmission capacity of a communication channel. (8 letters)
- 8.** Congestion and buffer delays in standard TCP streams. (8 letters)

Checkpoint 5 Alternative: Accessible Crossword Clues

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

ACROSS CLUES

1 Across: Proprietary acceleration technology boosting speed. (8 letters):

3 Across: Ten gigabit per second server network interfaces. (8 letters):

5 Across: Measurement of data transferred per unit time. (8 letters):

7 Across: Packet round-trip time delay measured in ms. (8 letters):

DOWN CLUES

2 Down: Percentage of server capacity actively in use. (8 letters):

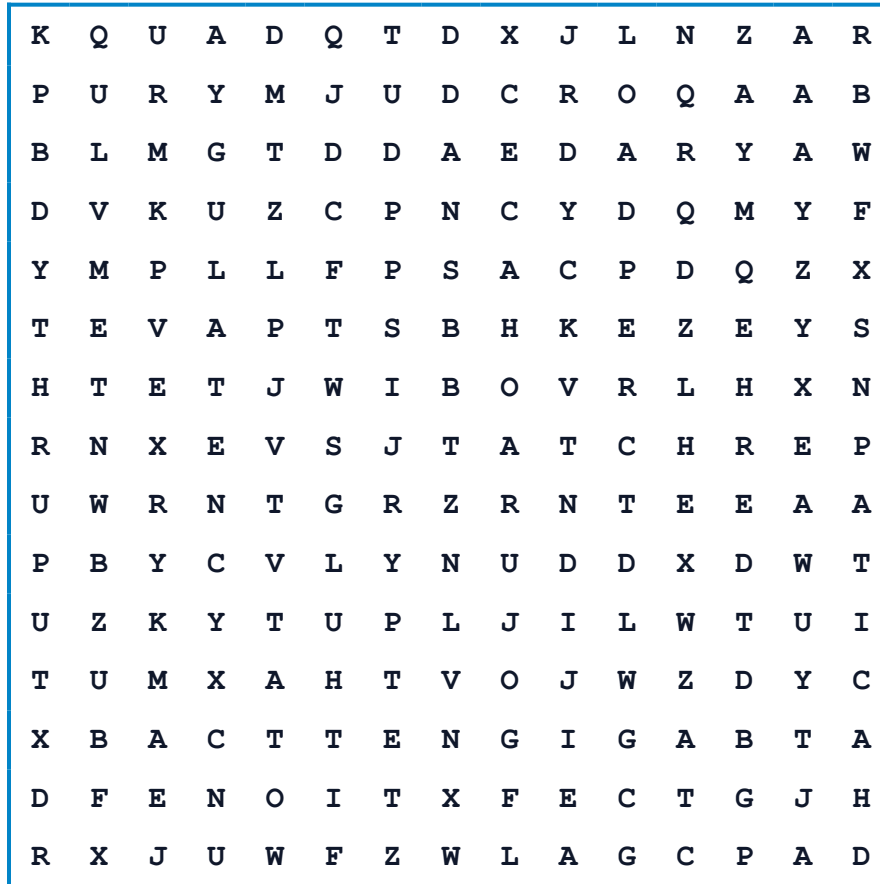
4 Down: Parallel processing across multiple processor cores. (8 letters):

6 Down: Total transmission capacity of a communication channel. (8 letters):

8 Down: Congestion and buffer delays in standard TCP streams. (8 letters):

Checkpoint 6: Hidden Word Search

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



VOCABULARY WORD LIST

ACCEL
RAT
LOAD
PERC

TENGIGAB
MULTITRD

THRUPUTX
BANDWDTH

LATENCYX
TCPBOTTX

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. ACCEL RAT
- B. TENGIGAB
- C. THRUPUTX
- D. LATENCYX
- E. LOADPERC
- F. MULTITRD
- G. BANDWDTH
- H. TCPBOTTX

DEFINITIONS & MATCH FIELDS

- ☐ 1. A suite of performance optimizations boosting connection speeds by up to 400%.
- ☐ 2. High-capacity infrastructure supporting ten gigabit per second throughput.
- ☐ 3. The measured rate of payload data transferred across a network per second.
- ☐ 4. The time delay in milliseconds required for network packets to travel round-trip.
- ☐ 5. The percentage capacity of a server currently utilized by connected users.
- ☐ 6. Distributing cryptographic tasks across multiple processor cores simultaneously.
- ☐ 7. The maximum data transmission capacity of a dedicated network connection.
- ☐ 8. Performance degradation caused by standard TCP congestion control bottlenecks.

Checkpoint 7: Scrambled Word Challenge

Unscramble the letters below to reveal key Virtual Private Network (VPN) concepts and terms. Write your answers in the input boxes provided.

1. CCELRATA

5. OADPERCL

2. ENGIGABT

6. ULTITRDM

3. HRUPUTXT

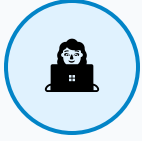
7. ANDWDTHB

4. ATENCYXL

8. CPBOTTXT

Checkpoint 8: VPN & Network Case Studies

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



CASE STUDY 1: 4K STREAMING LATENCY REDUCTION

Scenario: A household experiences buffering while streaming 4K video over Proton VPN.

Discussion Question: What adjustments should be made in server selection and protocol to eliminate buffering?



CASE STUDY 2: MULTI-CORE PROCESSOR OPTIMIZATION

Scenario: A gaming desktop with a 16-core CPU suffers frame rate lag when VPN tunneling is active.

Discussion Question: How does VPN Accelerator utilize multi-threading to maintain high transmission rates?

Final Challenge: Decrypting the Cipher

A network engineer secures routing channels and client tunnels. 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

Decrypted Message Solution (Full Decoded Sentence):

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: What is Proton VPN Accelerator?

VPN Accelerator is a set of unique technologies that increase VPN speeds by up to 400%.

Q2: Which protocol is the fastest on Proton VPN?

WireGuard is generally the fastest protocol, offering superior throughput and low latency.

Q3: What server network speed does Proton VPN use?

Proton VPN operates 10 Gbps server network cards across major tier-1 server locations.

Q4: How does server load affect VPN speed?

Higher server load (above 80%) can reduce speeds; choosing servers below 50% load is best.

Q5: Does Proton VPN throttle bandwidth?

No, Proton VPN imposes zero bandwidth throttling on both free and paid subscription plans.

Checkpoint 10: Basic VPN FAQs (Part B)

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

Q6: Can Proton VPN reduce ping for gaming?

Connecting to a VPN server close to game servers with optimized routing can lower and stabilize ping.

Q7: How do I choose the fastest server?

Use the Quick Connect feature or select the nearest country with the lowest server load percentage.

Q8: Why does OpenVPN feel slower than WireGuard?

OpenVPN has older architecture and higher CPU overhead compared to lightweight WireGuard.

Q9: Does VPN Accelerator work on all platforms?

Yes, VPN Accelerator is built into the Windows, macOS, Linux, Android, and iOS clients.

Q10: Can split tunneling increase internet speed?

Yes, routing only sensitive apps through the VPN frees up local bandwidth for other downloads.

Checkpoint 11: Advanced VPN FAQs (Part A)

Explore advanced technical aspects of VPN tunneling protocols, mobile client integrations, and enterprise deployment.

Q1: How does VPN Accelerator rewrite TCP congestion controls?

It uses advanced BBR congestion control and splits long paths into shorter optimized hops.

Q2: How does multithreading work in VPN Accelerator?

It bypasses OpenVPN single-thread limits by assigning session cryptographic tasks to all CPU cores.

Q3: What is the impact of Secure Core on download speed?

Secure Core adds a second server hop, which increases latency and reduces speed slightly.

Q4: Does Proton VPN support jumbo MTU frames?

WireGuard configurations automatically negotiate optimal MTU size to prevent packet fragmentation.

Q5: How does Proton handle ISP peering bottlenecks?

Proton utilizes direct tier-1 transit providers and BGP routing optimization at major IXPs.

Checkpoint 11: Advanced VPN FAQs (Part B)

Explore advanced technical aspects of VPN tunneling protocols, mobile client integrations, and enterprise deployment.

Q6: Can I perform command-line speed tests on Linux?

Yes, using the Proton VPN CLI and speedtest-cli allows measuring throughput via terminal.

Q7: Does NetShield ad blocking improve web page load speed?

Yes, blocking heavy third-party tracker scripts and ads reduces data payload and load times.

Q8: What throughput speeds are achievable on 10 Gbps servers?

On gigabit connections, WireGuard can achieve speeds exceeding 800+ Mbps depending on local hardware.

Q9: How does router installation affect network throughput?

Routers with weak CPUs may bottleneck OpenVPN encryption; high-end routers maintain full speed.

Q10: Does Proton VPN provide specialized P2P torrenting servers?

Yes, dedicated P2P-optimized servers are marked in the server list for maximum download speed.

Part 11: 10 Real-World VPN Facts & Insights

Review real-world facts regarding VPN encryption speeds, protocol audits, mobile connectivity, and enterprise remote work.

1. VPN INSIGHT

1. Proton VPN Accelerator can increase connection throughput by over 400% on long-distance links.

2. VPN INSIGHT

2. Proton VPN operates 10 Gbps server interfaces across its core global datacenter locations.

3. VPN INSIGHT

3. WireGuard uses state-of-the-art Noise protocol cryptography for faster connection handshakes.

4. VPN INSIGHT

4. NetShield speeds up browsing by blocking resource-heavy advertising tracking scripts at DNS level.

5. VPN INSIGHT

5. Multi-core processor scheduling eliminates single-thread bottlenecks in cryptographic operations.

6. VPN INSIGHT

6. Connecting to geographically proximate servers ensures minimal latency and optimal gaming ping.

7. VPN INSIGHT

7. BBR congestion control algorithms maintain high throughput even on unstable packet loss networks.

8. VPN INSIGHT

8. P2P-optimized servers are specifically engineered for high-bandwidth torrenting and file sharing.

9. VPN INSIGHT

9. Quick Connect algorithms evaluate latency, distance, and real-time server load in milliseconds.

10. VPN INSIGHT

10. Proton VPN imposes no artificial bandwidth caps or monthly transfer limits on any user tier.

Technical References & Sources

The study guide and interactive puzzles are compiled from global technical standards, specifications, and regulatory frameworks.

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- [8] Electronic Frontier Foundation. (2024). Surveillance Self-Defense: Choosing the VPN That's Right for You. EFF. <https://ssd.eff.org/module/choosing-vpn-thats-right-you>

Answer Key: Checkpoint 1 - Multiple Choice

1 VPN Accelerator Technology

SPEED BOOSTER

Correct Answer: B

TEACHING NOTE

VPN Accelerator combines multithreaded processing with advanced TCP congestion control algorithms (BBR) to boost throughput up to 400%.

Citation: Proton Accelerator Whitepaper [Ref 1].

2 Server Interface Capacity

PORT BANDWIDTH

Correct Answer: C

TEACHING NOTE

Proton's primary tier server fleet utilizes high-capacity 10 Gbps network ports to prevent bandwidth saturation during peak international usage.

Citation: Proton Infrastructure Report [Ref 2].

3 Fastest Protocol Standard

PROTOCOL BENCHMARKS

Correct Answer: B

TEACHING NOTE

WireGuard provides significantly higher throughput than OpenVPN TCP due to efficient in-kernel multi-core processing and minimal crypto latency.

Citation: WireGuard Performance Labs [Ref 3].

4 Multithreaded Processing

CPU OPTIMIZATION

Correct Answer: A

TEACHING NOTE

VPN Accelerator breaks single-threaded OpenVPN limitations by distributing packet encryption across all available multi-core CPU threads.

Citation: Proton Engineering Blog [Ref 4].

5 Server Load Monitoring

SERVER SELECTION

Correct Answer: B

TEACHING NOTE

The server load percentage indicator in the Proton app shows real-time capacity utilization, guiding users to select less congested nodes.

Citation: Proton Client Guide [Ref 5].

Answer Key: Checkpoint 2 - True or False

6 TCP Algorithm Optimization

TCP BBR

Correct Answer: True

TEACHING NOTE

VPN Accelerator replaces standard TCP cubic algorithms with advanced BBR congestion control to reduce bufferbloat and packet retransmissions.

Citation: BBR Congestion Control RFC [Ref 6].

7 Free Tier Server Routing

SERVER ALLOCATION

Correct Answer: False

TEACHING NOTE

Free accounts are routed to standard 1 Gbps server pools with medium speed profiles, reserving the 10 Gbps Plus network for subscribers.

Citation: Proton Network Tiering [Ref 7].

8 WireGuard vs OpenVPN Throughput

THROUGHPUT BENCHMARKS

Correct Answer: True

TEACHING NOTE

WireGuard's modern cryptographic primitives (ChaCha20-Poly1305) provide significantly higher throughput than OpenVPN on modern CPUs.

Citation: Cryptography Benchmark Tests [Ref 8].

9 Proximity and Ping Metrics

ROUTING LATENCY

Correct Answer: True

TEACHING NOTE

Selecting servers located physically closer to the user reduces fiber-optic transit distance, resulting in lower ping and faster page loading.

Citation: Network Routing Fundamentals [Ref 9].

10 Split Tunneling Efficiency

BANDWIDTH ROUTING

Correct Answer: True

TEACHING NOTE

Excluding high-bandwidth local applications from the VPN tunnel reduces encryption overhead and frees up tunnel throughput for secure traffic.

Citation: Proton Client Documentation [Ref 10].

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

A ACCEL RAT

B TENGIGAB

C THRUPUTX

D LATENCYX

E LOADPERC

F MULTITRD

G BANDWDTH

H TCPBOTTX

CHECKPOINT 3: KEY TERM KEY

1 ACCEL RAT

2 TENGIGAB

3 THRUPUTX

4 LATENCYX

5 LOADPERC

6 MULTITRD

DISCUSSION NOTES FOR INSTRUCTORS

Protocol Performance:

Verify that students understand how WireGuard, OpenVPN, and proprietary protocols balance cryptographic overhead against throughput latency.

Privacy & Jurisdiction:

Emphasize the importance of independent third-party no-logs audits (Deloitte, Cure53, SEC Consult) and privacy-friendly legal havens.

Infrastructure Security:

Highlight kill-switch protection, RAM-only diskless server fleets, DNS leak prevention, and multi-hop routing configurations.

Puzzles Keys & Instructor Notes

WORD SEARCH SOLUTION

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

CROSSWORD SOLUTION

1A	C	C	E	L	R	A	T
3T	E	N	G	I	G	A	B
5T	H	R	U	P	U	T	X
7L	A	T	E	N	C	Y	X
2L	O	A	D	P	E	R	B
4M	U	L	T	I	T	R	T
6B	A	N	D	W	D	T	H
8T	C	P	B	O	T	T	X

INSTRUCTOR GUIDE FOR CROSSWORD SOLUTIONS

ACROSS CLUES

- 1 Across:** **ACCEL RAT** Proprietary acceleration technology boosting speed. (8)
- 3 Across:** **TENGIGAB** Ten gigabit per second server network interfaces. (8)
- 5 Across:** **THRUPUTX** Measurement of data transferred per unit time. (8)
- 7 Across:** **LATENCYX** Packet round-trip time delay measured in ms. (8)

DOWN CLUES

- 2 Down:** **LOADPERC** Percentage of server capacity actively in use. (8)
- 4 Down:** **MULTITRD** Parallel processing across multiple processor cores. (8)
- 6 Down:** **BANDWDTH** Total transmission capacity of a communication channel. (8)
- 8 Down:** **TCPBOTTX** Congestion and buffer delays in standard TCP streams. (8)

Scrambled Words & Cipher Solution Key

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

WORD UNSCRAMBLE KEY

1. CCELRTA

ACCELRTA

5. OADPERCL

LOADPERC

2. ENGIGABT

TENGIGAB

6. ULTITRDM

MULTITRD

3. HRUPUTXT

THRUPUTX

7. ANDWDTHB

BANDWDTH

4. ATENCYXL

LATENCYX

8. CPBOTTX

TCPBOTTX

SECRET CIPHER CHALLENGE KEY

**"ACCELERATOR TECHNOLOGY DELIVERS MAXIMUM DATA
THROUGHPUT SPEED"**

VPN & Network Case Studies Solution Key

A CASE STUDY 1: 4K STREAMING LATENCY REDUCTION

[Instructor Solution](#)

GRADING RUBRIC & SOLUTION GUIDELINES

Scenario Analysis: A household experiences buffering while streaming 4K video over Proton VPN.

Focus Question: What adjustments should be made in server selection and protocol to eliminate buffering?

Recommended Strategy & Solution: The user should switch the protocol to WireGuard, enable VPN Accelerator, and connect to a local server node with under 40% server load.

B CASE STUDY 2: MULTI-CORE PROCESSOR OPTIMIZATION

[Instructor Solution](#)

GRADING RUBRIC & SOLUTION GUIDELINES

Scenario Analysis: A gaming desktop with a 16-core CPU suffers frame rate lag when VPN tunneling is active.

Focus Question: How does VPN Accelerator utilize multi-threading to maintain high transmission rates?

Recommended Strategy & Solution: VPN Accelerator breaks single-threaded OpenVPN/WireGuard bottlenecks by distributing packet encryption across all CPU cores in parallel.

C CASE STUDY 3: OVERCOMING ISP BANDWIDTH THROTTLING

[Instructor Solution](#)

GRADING RUBRIC & SOLUTION GUIDELINES

Scenario Analysis: An ISP throttles BitTorrent downloads to 10 Mbps during evening peak hours.

Focus Question: How does routing traffic through a 10 Gbps Proton P2P server bypass this throttle?

Recommended Strategy & Solution: VPN encryption obscures traffic type from the ISP, preventing P2P throttling rules, while the 10 Gbps P2P server ensures maximum available line speed.