

HOW TO MANAGE YOUR DOWNLOAD USE ...

Anything you view on your internet browser has to be downloaded, in order for you to see it. Which means that most of what we do on the Internet involves downloading. For most users, the information sent (emails, documents, pictures) actually makes up the smaller part of total internet traffic. Managing the amount of information you receive is the way to get best value from your internet connection.

Watch those movie downloads

If you frequently watch shows online from your computer or wireless device, your download total can build quickly. Use online streaming videos – such as YouTube or BBC iPlayer - with care.

Does it really need HD?

The higher the video quality the more bandwidth is used. If you watch YouTube, set the quality to the lowest. Try to avoid watching in HD. If you download videos or movies on iTunes, you can add to your total use quite quickly.

Block those pop-ups

If you are using Internet Explorer, turn on the pop-up blocker. If you are using Firefox, download a pop-blocker add-on, such as "Adblock Plus". Pops-up aren't just annoying, they download onto your computer, using up your bandwidth allowance.

Beware file-sharing

Avoid 'peer-to-peer services' such as BitTorrent, Frostwire, Kazaa, Morpheus, and others. Also known as file-sharing programs, they constantly download and upload content.

Close unused applications

If you're not using them, close all the programs that are constantly in contact with the internet, such as email clients (Windows Mail for example, Twitter feeds, RSS feeds). Make sure that any other programmes such as Instant Messenger or Skype are switched off unless you're using them. Don't keep lots of internet browser windows open. Close each of them when you are done.

Avoid frequent updates

Switch off automatic updates for your computer and its applications. Select the option that lets you download updates when you choose, and the download then updates in 'off-peak' hours.

Scan regularly

Regularly use an anti-virus program to scan your computer. 'Trojan' viruses make your computer act as a server,

allowing other malicious individuals access to your computer and its internet connection. A 'worm' can send out email messages with harmful attachments from your computer to every address in your address book - without your knowledge.

Remember your smartphone

When you connect wireless devices (such as your smartphone) to your home network and download content you'll add to your home usage.

Keep your wireless network secure

If you don't have a password set for your home wireless network, outsiders can connect to your network and steal your internet allowance. When others use your connection, it'll be slow for you and you'll meet your limit sooner.

Compress files before you send

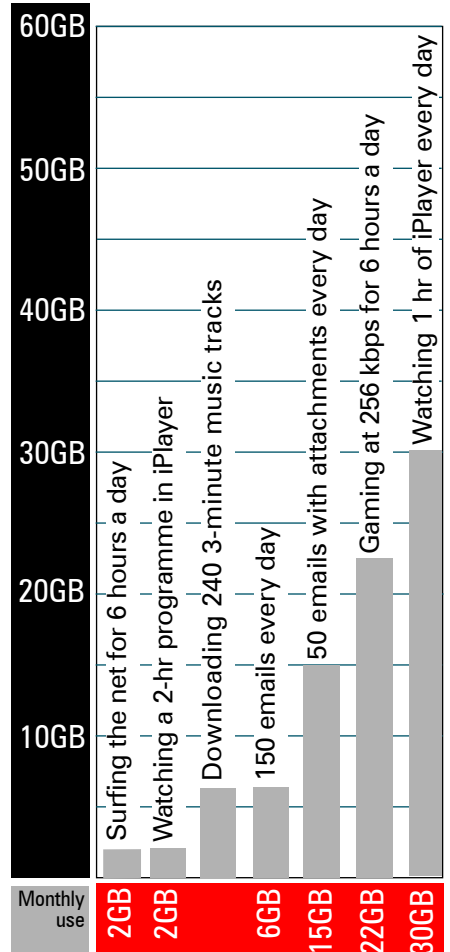
If you compress your files before sending them on Hotmail or Windows Live Messenger, you'll send the mail more quickly, the recipient will be able to download it faster, and you'll save your internet allowance.

Want to monitor your own bandwidth?

There are a number of programs available – some of them free – which help you keep track of your download activity, and check your totals whenever you like. Search 'bandwidth monitor' to see the choices.

MAKE THE MOST OF OFF-PEAK HOURS

Your allowance only applies to downloads made between 0630 in the morning and 2330 at night. If you know you have big files to download, schedule them for the period between 2330 and 0630. Your use in those hours doesn't count towards your monthly total.



The Village Networks Fair Usage Policy

- A standard subscription allows downloads up to 60GB per month*.
- An automatic email will notify you when you reach 50%, 75% and 100% of your download limit.
- If you exceed your download limit in one month, your download speed will be reduced to 2Mb/s for the following month.
- If you exceed your limit for a second consecutive month, your download speed will be restricted to 1Mb/s for the following month.
- Once a month, subscribers will receive email details of their download totals.
- You can increase your download limit to 120GB per month by upgrading your subscription to £50* per month.
- Your bandwidth use between the hours of 2330 hrs and 0630 hrs does not count towards your monthly total.

*Subscribers to Village Networks' higher-speed services have a standard monthly download allowance of 120GB. All prices exclude VAT