

Internet usage is the volume of data which is transferred between your computer or device e.g. smart phone, tablet, and the internet over a certain amount of time. This amount of data is measured in bytes, kilobytes (1000B), megabytes (1000KB) and gigabytes (1000MB)

Data can be transferred in two ways:

- From the Internet to your computer or device (download - e.g. watching a video online);
- From your device or computer to the Internet (upload - e.g. uploading pictures to a social media site).

All activities that use the Internet contribute to your overall usage which includes Uploads and Downloads, no matter how you use the internet on your computer or device.

What is a gigabyte (GB) of data?

A gigabyte (GB) is measurement unit for computer data that is technically about 1,048,576 Kilobytes (KB) and around 1000MB, but in the real world, this equates to approximately:

- 1.5 hours of Video Conferencing
- Around 200 music tracks (5MB each); or
- Approximately 1000 images or photos (1MB each);
- 1.4 standard definition movies (700MB per movie)
- 2 hours of streaming TV (500MB an hour)

What can cause high usage?

The most common activities for high data usage are;

- Videoconferencing: Communicating with other offices and/or your customers for extended periods of time via a Video Conferencing application.
- Streaming: Video or audio content on YouTube, illico.tv, tou.tv, etc.
- Online gaming: such as XBOX LIVE, Miniclip.com, Games.com
- Automatic updates: e.g. Adobe, Windows, Explorer, etc.
- Exchanging files via iTunes, LimeWire, Zik.ca, Kazaa, BitTorrent, etc.

How much data does it take to... ?

Here are some estimates of common amounts of data used for usual internet activity. The guidelines below are only approximate actual usage could be far greater (e.g. if you utilise High Definition Video Conferencing, or download High Definition movies or images instead of standard definition versions or if you receive or send a large amount of emails with large attachments).

Activity Type	Measurement of estimated/ approximate data used
Internet browsing/ surfing	5MB/hr
Emails	500KB per email (estimate includes attachments & spam)
Video Conferencing	600MB/hr
Films	2GB/film (avi, mpeg, divx)
Game/Movie Trailers	100MB each
Music tracks	5MB/song (4-5min duration)
Online gaming	15MB/hour
Online radio	Average stream at 128kbps
Photos/Documents	850KB/image
Videos	2MB/minute