Do I need a VPN?

What a VPN does, when it helps, which VPN we recommend, and how to set it up.

A VPN hides what you watch from your internet provider. Some providers slow down streaming, especially during big live events like football or F1. A VPN can stop that.

When it helps

- Channels work at some times but buffer during busy times or big events.
- Live sport buffers and then stops.
- Your internet provider blocks some channels.

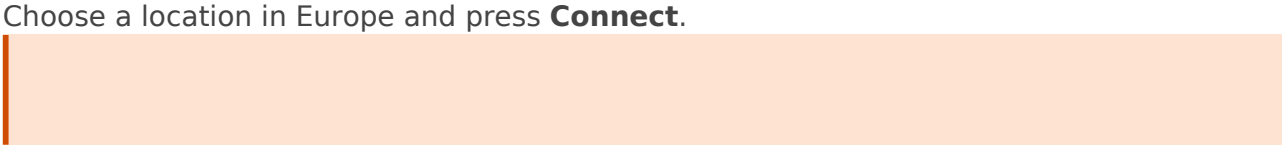
Picking a VPN

- We recommend the **EasyGuard** VPN. It has a free trial, so you can test it first.
- If you use another VPN, pick a well-known paid one that has an app for your device and lets you connect several devices.

> **Warning** Free VPNs are often slow and can make buffering worse.

Set up EasyGuard

1. Go to the EasyGuard website (ask support for the link).
2. Choose a package. You can pick the free trial.
3. Enter your email address.
4. Open the email from EasyGuard and click the link to confirm your email.
5. Wait for a second email with your VPN login details.
6. Install the **EasyGuard** app from your device's app store. On a Fire TV Stick, use the **Downloader** app with code `Downloader code`.
7. Open the app and sign in with the login details from the email.
8. Choose a location in Europe and press **Connect**.

> **Warning** Do not choose a UK or Canada location. Those locations block IPTV. Pick a European country instead.

Other VPN guides

- Fire TV Stick
- Apple TV
- Nvidia Shield and Android TV

> **Tip** If you have just renewed your subscription, allow up to 30 minutes for it to start working. If it still doesn't work after that, contact support.

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