

Estimating Data Use Guide

Many of the things you do on your phone – like surfing the internet, streaming music and using GPS – use data. Some use a little, some a lot. Here's a rough guide to help you estimate your own data usage.

Understanding data rates for different activities

Knowing how much data different activities, like emailing, browsing the internet, and streaming video or audio content use can also help you to keep your data use in check.

Activity	Data used
Sending or receiving 40 emails without attachments	2 MB
Visiting 5 different web pages	2 MB
Browsing Facebook for 10 minutes	3 MB
Streaming 10 minutes of audio content	10 MB
Streaming 10 minutes of video on YouTube (standard definition)	70 MB
Making a 10 minute call on Skype (standard not video)	10 MB
Uploading 10 photos	40 MB

Note: *this information is intended to be a rough guide only. Data usage of different apps may vary.*

Reduce your data usage

There are also steps you can take to minimise your data usage:

- whenever possible use Wi-Fi instead of 3G or 4G data services. Set your phone up to automatically connect to Wi-Fi networks that you use frequently (like your home Wi-Fi) and take advantage of free Wi-Fi hotspots
- don't use apps or services which use up a lot of data, like downloading or streaming videos or audio, on your mobile unless you are connected to a Wi-Fi network. You can often adjust the settings on your phone so that such apps don't use 3G or 4G data services
- turn off apps or features of your phone which automatically use up data. Some phone features, like push notifications, use up data in the background and can be easily turned off
- manually shut applications you use on your phone to make sure they don't keep using data in the background. Some apps keep running in the background even after you've exited them.

What you need to know

We've made a few assumptions to keep this data guide simple – but remember, it's just an estimate. You'll need to keep track of your data usage and check whether the usage amounts in the guide are appropriate for you. To the extent permitted by the law, Express Telecommunications isn't liable for any errors in the data guide. We also aren't responsible for any damage or other liability (including without limitation, direct, indirect, special or consequential loss) suffered or incurred by a reliance on the results.

