



Below you will find a list of activities and the estimated data used for each activity.

## Internet Data Usage Per Activity

Activity	Estimated Data Size*
<b>Web Browsing</b>	
1 email (no attachments)	20KB
1 email (with standard attachments)	300KB
1 hour of surfing the web	15,000MB (15GB)
1 photo upload to social media	5MB
1 song downloaded	4MB
<b>Streaming Audio (Google Play, iTunes, Spotify)</b>	
1 hour of streaming Low Quality	50MB
1 hour of streaming Medium Quality	100MB
1 hour of streaming High Quality	150MB
<b>Streaming Video (Netflix, Stan, Foxtel)</b>	
1 hour of streaming low definition	300MB
1 hour of streaming standard-definition video	700MB
1 hour of streaming high-definition video	3000MB (3GB)
1 hour of streaming UHD video	7000MB (7GB)
<b>Gaming</b>	
1 hour of online games	12,000MB (12GB)

\*These examples are just estimates based on typical file sizes

### Data Conversion

1 MB = 1,000KB approximately

1 GB = 1,000MB approximately

### Audio Streaming

Low Quality range is 96kbps to 128kbps

Medium Quality range is 160kbps to 256kbps

High Quality range is up to 320kbps