



harbour isp

Data Usage Information

The following table provides an estimate of how much data each online activity will consume. It is intended as guideline for you to estimate your personal Internet usage requirements.

Online Activity	Estimated data usage
General Internet Browsing	200 MB per hour
Social Media (e.g. Facebook, Twitter)	130 MB per hour
Email	50 KB each (without attachments)
Documents and Photos	2-5 MB per hour
Music Downloads	5 MB per track
Video Downloads (Quality Dependant)	1-4 GB per movie
Voice Over IP	20 MB per hour
Video Over IP (for example, Skype)	60 MB per hour
Online Radio Stations	60 MB per hour
Online Video Streams (Netflix, YouTube etc)	1-3 GB per hour
Online Gaming	300 MB per hour