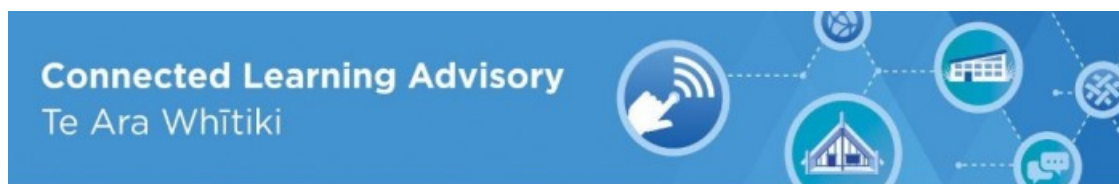


# Testing an internet connection



## Technical Considerations for Video Conferencing

### Check your internet speed

Use [speedtest.net](https://www.speedtest.net) to test your internet speed. You can be confident that with these connection speeds the following types of conference calls will work<sup>1</sup>:

- 1 (up/down) Mbps for audio conferencing
- 4 (up/down) Mbps for group video conferencing
- 10 (up/down) Mbps for multiple group conferences at once.

If other people are using your network to stream television, play online games, video conferencing etc then that will impact on the amount of bandwidth available for your VC.

If your connection is too slow, check with your Internet Service Provider as they may have a more appropriate plan available.



### Source:

[Learning from home – Video conferencing technology](https://learningfromhome.govt.nz/distance-learning/technology)  
<https://learningfromhome.govt.nz/distance-learning/technology>

[View full image \(136 KB\)](#)

If ākonga are having issues with an internet connection they haven't used for video conferencing before, follow these [technical considerations for video conferencing](#) from the Learning From Home website.

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