

Not sure how much data you'll need while roaming?

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This information is a guide only

- Estimates in the table below are based on average device data usage on a 3G network, doing one activity at a time.
- On a 4G network, the average device data usage may be more than double what's shown in the table below.
- Data usage varies depending on many factors including, but not limited to the:
 - Device used
 - Network used
 - Device settings
 - Applications on the device
- Get an idea of your potential roaming data needs by looking at how much mobile data you're using in New Zealand. Many devices show how much data you use on different apps. Note: your data use may change while traveling. Eg, you might use Google Maps more often while overseas than at home.
- Manage your data usage when roaming by:
 - Using local Wi-Fi networks
 - Avoiding streaming movies, videos, and music
 - Turning off mobile data or roaming data services when not in use
 - Turning on data saving settings in applications where they are available
 - Disabling background data services in the device or apps..

| ACTIVITY | DATA USED IN 15 MINS | DATA USED IN 30 MINS | DATA USED IN ONE HOUR |
|--------------|----------------------|----------------------|-----------------------|
| Browsing | 5 MB | 10 MB | 20 MB |
| Social media | 5 MB | 10 MB | 20 MB |

| | | | |
|-----------------------------|-------|--------|-------|
| Video streaming (YouTube) | 60 MB | 120 MB | 240MB |
| Music streaming | 15 MB | 30 MB | 60 MB |
| Skype (video chat) | 20 MB | 40 MB | 80 MB |
| Google Maps | 9 MB | 18 MB | 36 MB |
| Email (without attachments) | | | 1 MB |

Source: New Zealand Telecommunications Forum Inc (TCF) International Mobile Roaming Guide, 2018.

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Online URL:

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