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**Blog Migration Guidance**

Workbook

Edition #1  
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**If you are interested in migrating your blog to/from our new service, this page might be helpful to you. Here are the steps to take to import/export your blog either from/to WordPress or another blogging platform.**

**Please note before starting:** WordPress only allows migration of post/page content. It does not include the export/import of menus, themes or plugins.

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## 1. Exporting

- 1) Start by logging into your WordPress account and going to **My Site --> Settings**.
- 2) There will be a Site Tool section there at the bottom. Select the **Export** tool.
- 3) If you want to export all of your content, press the **Export All** button. The exported content will appear as a series of .xml files (also referred to as WXR files) containing your posts, pages, comments, categories, tags and references.  
If you wish to simply export a single author's work, click the arrow next to the Export All button to see the advanced options and click **Export Selected Content** once you have made a selection.
- 4) Once your content has been downloaded, a pop-up message will appear, and a download link will be sent to your email.
- 5) Your downloaded content will appear as a .zip file containing your .xml files.
- 6) What you decide to do with your exported content is up to you. If you are importing it onto another WordPress blog, see our instructions below. If you wish to simply store your content for future use, make sure you save the downloaded .zip file in a safe space. If you wish to export these files onto another blogging platform, you will have to consult their website.

Please note: Make sure that your blog is not set to private before exporting/importing otherwise your media files will not be migrated. Equally, media/uploads will not appear in the exported content if your site has been deleted (because media is collected from live site when re-imported).

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## 2. Importing

### ➤ If you are importing from another WordPress blog

1) Start by logging into your WordPress site and going to **My Site --> Settings**

2) There will be a Site Tool section there at the bottom. Select the **Import** tool.

3) Click **Start Import** in the Wordpress Section.

4) Here, a box will appear: you can decide to click to upload a file or simply drag a file onto the page for the import to start. You will need a valid xml file.

Please note: If while exporting you received your .xml files through a .zip, you will have to unzip each file and import them individually.

5) Once the file has finished loading, click the Start Import button. You will be asked to match the imported items to an existing user of the new site before starting the import process.

Please note: If you are importing content from a blog that had multiple authors, it could be a good idea to create those user profiles in your new site first.

A note on large blogs: if you are importing a blog with more than 100 posts, please contact our technical team so that we can monitor and help with the process.

### ➤ If you are importing from another platform

It is possible for you to import blog content from a variety of other blogging platforms including Medium, Blogger, Israblog, Movable Type, LiveJournal, Tumblr, TypePad, Xanga... These steps might help you.

1) Go to **Settings--> Tools**. Click on the **Import Tool**.

2) Here, you will have the choice to import either from WordPress or Medium. Click on **Other Importers** if your platform isn't one of the two.

3) Choose your platform and follow the instructions.

Please note: If your service does not appear in the list, you will have to convert it via one of the listed Importers. For instance, you would have to move your blog to Medium and then to Wordpress.

If you need more information on moving content to WordPress, consult their [comprehensive guide here](#).

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