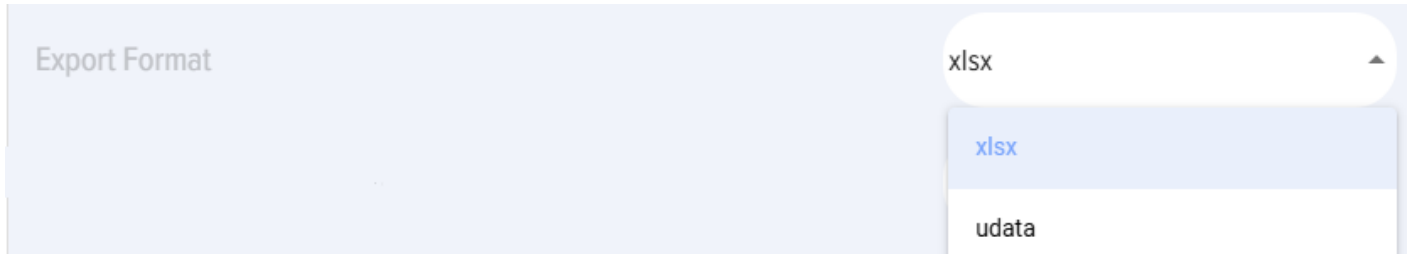# Export format

Export format is the format for importing/exporting tests, courses, lessons.

The xlsx format is convenient for importing/exporting tests.

The udata format (our own file format) imports/exports all test/course/lesson entities. Convenient for transferring from one portal to another, for backing up (saving on media other than your Bitrix24 portal) courses and tests, for copying.

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