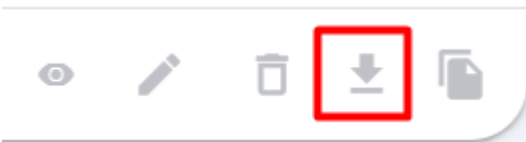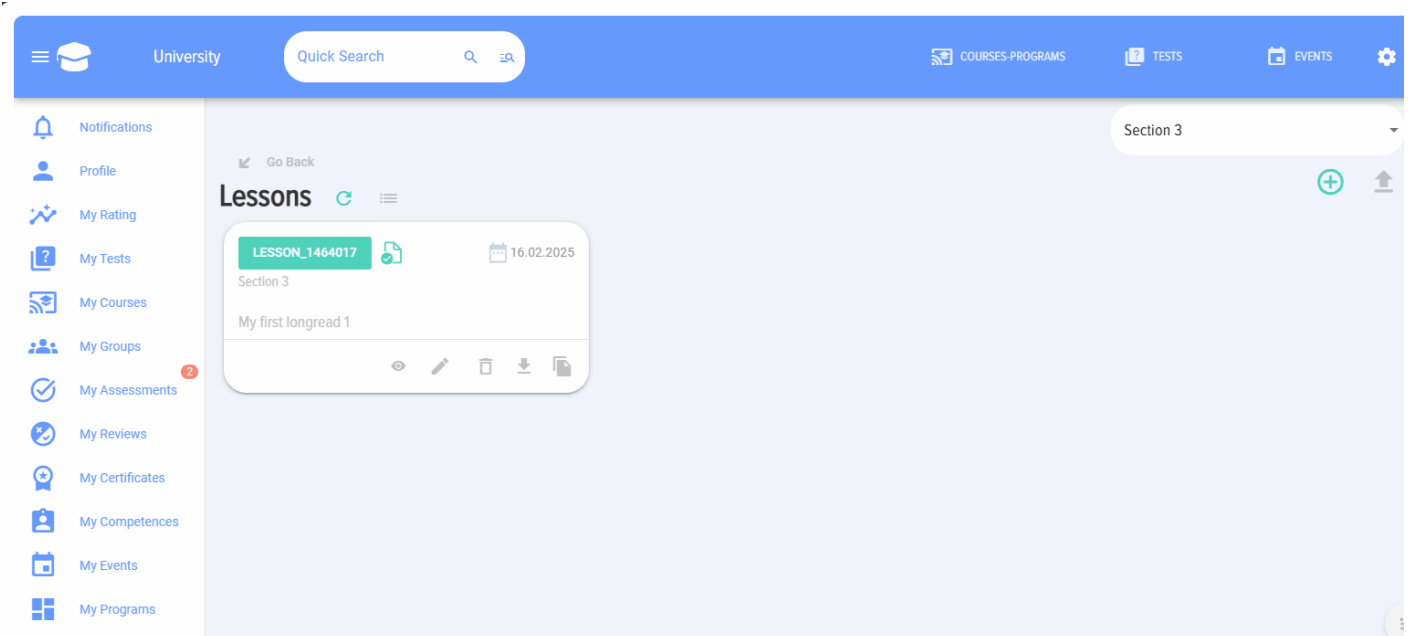# Exporting a lesson

Exporting a lesson is available from the lesson catalog.

Lesson cards in the lesson catalog contain the following elements:

When you click on this element, the lesson will be exported to a file in either Excel or udata format, depending on the export/import template selected in the settings.

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