Importing and exporting databases in PHPMyAdmin

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Overview:

Exporting a database creates a backup file that can be used to restore the database at a later time or to move the database to another server.

Importing a database allows you to restore a backed-up database or import data from another database. It is useful when moving a website to a new host, creating a development environment, or just as a form of backup to keep your data safe.

Prerequisites:

Validate your IP address via the Micron21 WebAuth. For more information, you can review our WebAuth article here.

Exporting a database:

1. Log in to your cPanel account.
2. In the "**Databases**" section, click on the "**phpMyAdmin**" icon.
3. In phpMyAdmin, select the database that you want to export from the left sidebar.
4. Click on the "**Export**" tab in the top navigation bar.
5. Select the "**Quick**" export method and click on the "**Go**" button.
6. A file with the "**.sql**" extension will be downloaded to your computer. This file contains the exported database.

Importing a database:

1. Log in to your cPanel account.
2. In the "**Databases**" section, click on the "**phpMyAdmin**" icon.
3. In phpMyAdmin, select the database that you want to import the database into from the left sidebar.
4. Click on the "**Import**" tab in the top navigation bar.

5. Click on the "**Choose File**" button and select the database file from your computer.

    1. The file may be compressed (gzip, bzip2, zip) or uncompressed (sql, json, csv). Ensure the file is no larger than 50mb when imported - as it may fail due to memory limit or timeout.

6. Click on the "**Go**" button to start the import process.