

Migrate data between instances

The [User Migration App](#) lets you move your Nextcloud Groupware data between instances.

The following data can be migrated:

- Contacts and groups
- Calendars including events, details and attendees
- Calendar app settings including appointment and proposal schedule configurations
- Mail account parameters, aliases and preferences

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The User Migration App must be installed on both instances, along with the latest version of the respective Nextcloud Groupware app.

Once the User Migration App is installed, you can start the migration process by going to your **Personal settings** and clicking on **Data migration** on the left side. You can choose which data you want to migrate and start the export process. Once the export is finished, download the generated file and import it onto the new instance by going to the same section.

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