If you are using Moodle

- Download the Moodle course from (link)
- After you have downloaded the course file, login to your Moodle and click the gear icon and then select "Restore".

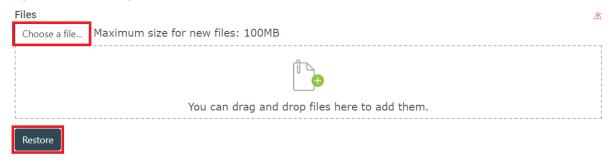


- Course administration
 - # Edit settings
 - Course completion
 - > Users
 - **T** Filters
 - > Reports
 - Gradebook setup
 - > Open Badges
 - Backup
 - **1** Restore

 - **←** Reset
 - > Question bank
 - □ Repositories
 - m Recycle bin
 - Archive
 - ✓ Content bank
 - > Switch role to ...

- Click "Choose a file..." and select the downloaded course file and after that click "Restore".

Import a backup file



Confirm - Check that everything is as required then click the Continue button

Destination - Choose whether the course should be restored as a new course or into an existing course then click the Continue button

Settings - Select activities, blocks, filters and possibly other items as required then click the Next button

Schema - Select/deselect specific items and amend the course name, short name and start date if necessary then click the Next button

Review - Check that everything is as required, using the Previous button if necessary, then click the 'Perform restore' button

Complete - Click the continue button