

The training packages contains the Moodle courses (.mbz files):

- What is an .mbz file? A Moodle Backup File (.mbz) is a compressed archive of a Moodle course that can be used to restore a course within Moodle. The file preserves course contents, structure and settings, but does not include student work or grades.
- In order to use -mbz files you need to have access to a Moodle platform as administrator.

How to restore a course to your Moodle platform:

1. On your computer, locate your course backup file (.mbz) downloaded.
2. Log into your empty Moodle course cretaed in your Moodle platform and in the menu bar at the top of your page, click the Course Management icon (gears). The Course Management panel opens.
3. Under Course Settings, click Restore.
4. Under the Import a backup file section, drag and drop your .mbz file into the box to upload your file, or click Choose a file... to browse for the file to upload.
5. Under the drag and drop box, click Restore to begin the course restoration process.
6. Review your Backup details, Backup settings, Course details, and Course settings, then click Continue.
7. Select Merge the backup into this course or Delete the contents of this course and then restore, then click Continue.
8. Double-check your course settings, then click Next to continue.
9. Review course settings, then click Perform Restore. A progress bar will run while the restoration is processed.
10. At the bottom of your page, click Continue to complete the course restoration process.

[Upload here the BLENDI Moodle file](#)