1. Right click the postgres DB on the AWS hosted server in pgAdmin and select “Backup…”

Graphical user interface, application, chat or text message

Description automatically generated

1. Write a name and press the backup button

Graphical user interface, text, application

Description automatically generated

1. In your running local database server right click the postgres DB and select restore

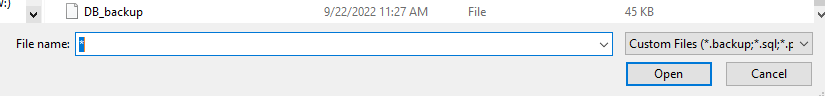
Graphical user interface, application

Description automatically generated

1. Click the folder icon in the filename field to browse for the file

Shape

Description automatically generated with medium confidence

1. You might have to search for \* to see the file. Open it and click restore  
     
   
2. Graphical user interface, text, application

   Description automatically generatedYou will probably have an error due to postgis & rdsadmin missing. But the other tables have been filled with the data from the AWS server DB. Refresh the local DB

Graphical user interface, application

Description automatically generated

1. A picture containing graphical user interface

   Description automatically generatedTables should now be visible. And you can right click view to run the SQL command and see what’s inside them

Graphical user interface

Description automatically generated