

Bing

To export a MySQL database from MySQL Workbench, follow these steps:

1. Open MySQL Workbench and connect to your local database.
2. Go to **Server > Data Export**.
3. Select the tables you wish to export by clicking on the database or schema on the left panel, then clicking the checkbox next to the table name on the right panel. If you want to export all tables in a schema or database, click the checkbox on the database on the left.
4. Select whether you want the data, structure, or both, by selecting one of the following options from the drop-down under the panels:
 - Dump Structure and Data: include the table structure and the data in the tables
 - Dump Data Only: include the data in the tables only, no tables
 - Dump Structure Only: include the table structure only, no data
5. Decide if you want to export stored procedures, functions, events, or triggers, and select the relevant check boxes if you do.
6. Select to export the data in one of two ways:
 - Export to Dump Project Folder: select the folder, and each table will be exported to a separate file. This will let you select which tables to restore but would be slower.
 - Export to Self-Contained File: select the folder and file, and all tables will be exported to a single SQL file.
7. Indicate if you want to create the dump in a single transaction (which only applies to the “self-contained file” export option).
8. Indicate if you want to include the Create Schema step.
9. Click Start Export. The export process will begin.

To import a MySQL database into MySQL Workbench from another system, follow these steps:

1. Open MySQL Workbench and connect to your local database.
2. Go to **Server > Data Import**.
3. Select either “Import from Dump Project Folder” or “Import from Self-Contained File”, depending on how your data is stored.
4. Select either the folder to import from (if you selected “Import from Dump Project Folder”) or select your SQL file (if you selected “Import from Self-Contained File”).
5. Select your schema or create a new one.
6. Click Start Import.

I hope this helps!