This is a Word 2007-2010 file.

It is really not a single file, but a series of files, saved as a ‘zip’ file.

Here is an overview from the MSDN web site.  
ref: <http://msdn2.microsoft.com/en-us/library/bb266220.aspx>

Word 2007 Document Packages

The file format in Word 2007 consists of a compressed ZIP file, called a *package*. This package holds all of the content that is contained within the document. Using the package format decreases file size for Office documents because of the ZIP compression. The new format is also more robust to errors in transmission or handling. It allows you to manipulate the file contents using industry-standard ZIP-based tools. An easy way to look inside the new file format is to save a Word 2007 document in the new default format and rename the file with a .zip extension. Double-click the file to open and view its contents.

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| --- |
| **NoteNote:** |
| To understand the composition of a file based on Microsoft Office Open XML Formats (Office XML Formats), you may want to extract its parts. To open the file, it is assumed that you have a ZIP utility, such as WinZip, installed on your computer. To open a Word XML format file in Word 2007: |

1. Create a temporary folder in which to store the file and its parts.
2. Save a Word document (containing text, pictures, and so forth) as a .docx file.
3. Add a .zip extension to the end of the file name.
4. Double-click the file. It will open in the ZIP utility. You can see the document parts that are included in the file.
5. Extract the parts to the folder that you created earlier.
6. Integrated ZIP compression reduces the file size by up to 75 percent. Files are further broken down into a modular file structure that makes data recovery more successful and enhances security. The new format segments files into components that you can manage and repair independently. Files created in the new format also have a distinctive file extension for each application, depending on the file type.

**Table 1. File extensions for Word 2007 file types**

|  |  |
| --- | --- |
| **Word 2007 File Types** | **Extension** |
| Word 2007 XML Document | .docx |
| Word 2007 XML Macro-Enabled Document | .docm |
| Word 2007 XML Template | .dotx |
| Word 2007 XML Macro-Enabled Template | .dotm |

Open Packaging Conventions for the Word XML Format

The Open Packaging Conventions specification defines the structure of Word 2007 documents using the new file format. For more information about open packaging conventions, see the [Open Packaging Conventions](http://www.microsoft.com/whdc/xps/xpspkg.mspx) also used by the [XML Paper Specification](http://www.microsoft.com/whdc/xps/default.mspx).

To understand the structure of a Word 2007 document, you must understand the three major components of the new file format:

* **Part items.** Each part item corresponds to one file in the un-zipped package. For example, if you right-click a Microsoft Office Excel workbook and choose to extract it, you see a workbook.xml file, several sheet***n***.xml files, and other files. Each of those files is a document part in the package.
* **Content Type items.** Content type items describe what file types are stored in a document part. For example, **image/jpeg** denotes a JPEG image. This information enables Microsoft Office, and third-party tools, to determine the contents of any part in the package and to process its contents accurately.
* **Relationship items.** Relationship items specify how the collection of document parts come together to form a document. This method specifies the connection between a source part and a target resource. Relationships are stored within XML parts in the document package, for example, /\_rels/.rels.

The following sections explain how each of these components fit together in an Office XML Formats file.

**Word 2007 Document Parts**

To facilitate construction, assembly, and reuse of Word 2007 documents by third-party processes and tools, Word divides the contents of the package into several logical parts that each store a specific document part, for example:

* Comments
* Style definitions
* List definitions
* Headers
* Charts
* Diagrams
* The main document body
* Images

Word represents each of these document parts with an individual file within the package. These parts can consist of XML files, such as the document parts that contain the markup for the Word XML format, as well as attached contents, such as pictures or OLE-embedded files in their native format. All of these are contained within the package. However, it is important to note that, with a few exceptions defined within the Open Packaging Conventions, the actual file directory structure is arbitrary.

The relationships of the files within the package, not the file structure, are what determine file validity. You can rearrange and rename the parts of a Word file inside its ZIP container, provided that you update the relationships properly so that the document parts continue to relate to one another as designed. If the relationships are accurate, the file opens without error. The initial file structure in a file in Word 2007 is simply the default structure created by Word to enable you to determine the file composition easily. Provided that you keep the relationships current, you can change this file structure.

For example, in Word 2007, the container file represents a document. Within the container file, there are parts that, when aggregated, compose the document. For example, a Word 2007 file could contain (but is not limited to) the following folders and files:

* **[Content\_Types].xml.** Describes the content type for each part that appears in the file.
* **\_rels folder.** Stores the relationship part for any given part.
* **.rels file.** Describes the relationships that begin the document structure. Called a *relationship part*.
* **datastore folder.** Contains custom XML data parts within the document. A custom XML data part is an XML file from which you can bind nodes to content controls in the document.
* **item1.xml file.** Contains some of the data that appears in the document. Example of a custom XML data part.
* **docProps folder.** Contains the application's properties parts.
* **App.xml file.** Contains application-specific properties.
* **Core.xml file.** Contains common file properties for all files based on the Open Packaging Conventions document format.

Figure 1 shows the file structure of a sample Word 2007 document.

You can replace entire document parts in order to change the content, properties, or formatting of Word 2007 documents.