[**Backup** in technology refers to the process of **copying data or files to a secondary location** for preservation in case of equipment failure or catastrophic events](https://www.techtarget.com/searchdatabackup/definition/backup) [1](https://www.techtarget.com/searchdatabackup/definition/backup)[2](https://techterms.com/definition/backup)[3](https://www.techopedia.com/definition/1056/backup). It is a crucial component of disaster recovery plans and helps safeguard against data loss.

Here are **five free online resources** where you can learn more about backup:

1. [**Veeam University**: Offers on-demand training, how-to videos, and product onboarding for Veeam users](https://www.techtarget.com/searchdatabackup/definition/backup) [4](https://www.veeam.com/free-on-demand-trainings.html).
2. [**LinkedIn Learning**: Provides tutorials on database backup and recovery, including resources for Oracle, SQL Server, MySQL, PostgreSQL, and MongoDB](https://www.techtarget.com/searchdatabackup/definition/backup) [5](https://www.linkedin.com/advice/1/what-best-online-resources-learning-database).
3. [**TechTarget**: Offers tutorials on various backup technologies, including disk-based backup, backup security, and cloud backup](https://www.techtarget.com/searchdatabackup/definition/backup) [6](https://www.techtarget.com/searchdatabackup/tutorial/Data-backup-and-recovery-technology-tutorials).
4. [**Udemy**: Offers courses on backup solutions, covering fundamentals and advanced topics](https://www.techtarget.com/searchdatabackup/definition/backup) [7](https://www.linkedin.com/advice/0/what-some-tools-resources-you-use-improve-your).
5. [**Coursera**: Provides courses related to backup and recovery](https://www.techtarget.com/searchdatabackup/definition/backup) [7](https://www.linkedin.com/advice/0/what-some-tools-resources-you-use-improve-your).

Feel free to explore these resources to enhance your understanding of backup technology! 🚀