InDesign can Export valid XML

- Providing that all content has a style attached
  ‣ Paragraph, character, object and table styles
- and no content is left un-styled - using overrides
- and no empty paragraphs exist in the content
- and all styles have their equivalent tags
- and all styles and tags are mapped to each other

InDesign can Import valid XML

- But it only makes logical sense if the tagged content can be attached to their equivalent style labels

- The InDesign template must be ready to accept the tagged XML