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

DTD - Document Type Definition

- rules that control the structure of a document
- a structure can be set out using an outline
- XML will be formed using these element labels