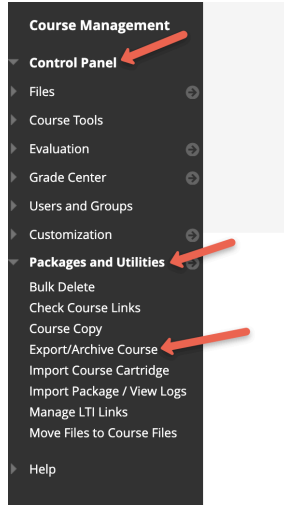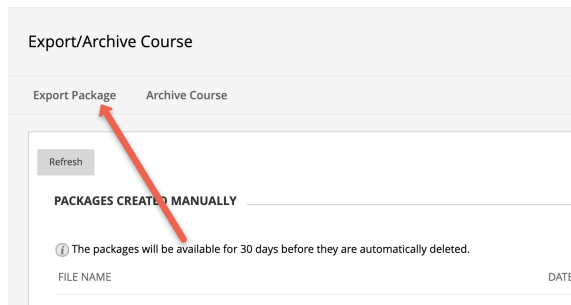# How to Export Content from Blackboard and Import it in Canvas

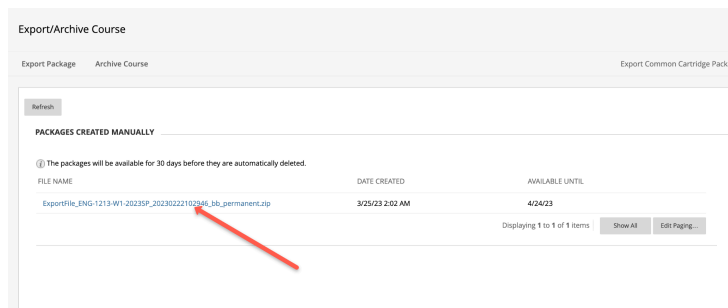[Request a Canvas Archiving Shell](#) (or multiple for multiple courses)
In Blackboard, go to Control Panel > Packages and Utilities > Export/Archive Course
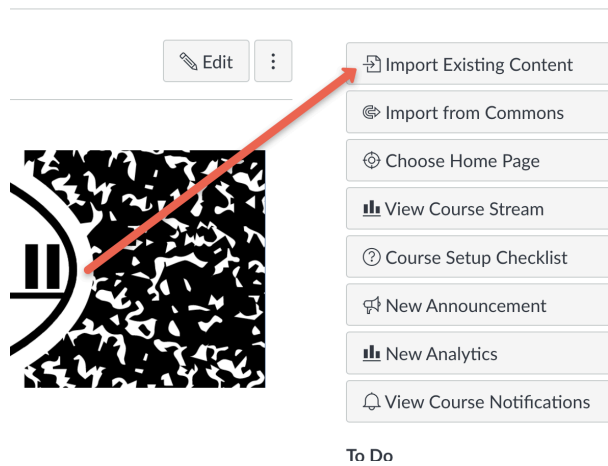

Click Export Package and wait. It may take a while. After a few minutes, click refresh to see if a file is there yet. It may take up to 20-30 minutes.

Once the file is there, click on it to download. This will save it to your computer.

In your Canvas shell, on the home page right hand menu, click Import Existing content.

For Content Type, select "Blackboard 6/7/8/9/Ultra export.zip file."

Import Content

Content Type   Select One

Browse your computer and select your course export file. Choose All Content and then click Import.