XML export - migrating from one Confluence to another

Problem
You want to migrate all settings from one Confluence instance to another.

Resolution
There is not an export-button that will take all of your setup to a different instance, however if you have the possibility to do an XML backup in Confluence.

NOTE
This will take all data including records, pages, spaces etc. In simpler terms a complete backup or migration.

Do the XML backup according to the guide from Atlassian: https://confluence.atlassian.com/doc/site-backup-and-restore-163578.html

In the Confluence home folder, look in shared-home/originaltheme and move this to the corresponding place in your second instance. This contains information on your themes and uploaded images.

If you are on a pre-version-6.0 of RefinedTheme, the folder will be placed directly in the Confluence home folder.