



# AI Erik Learning House - Backup

## Instructions

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**Project:** The AI Erik Learning House

**Project ID:** SXBPRb9eFWfeep4hXC2Gh8

**Owner:** AI Erik (etechlive@gmail.com)

**Created:** January 19, 2026

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## Why Backup?

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Your AI Erik Learning House website contains valuable data:

- 50+ member accounts and profiles
- 150+ AI prompts (Realtor, Attorney, Teacher)
- Course content, lessons, and PDFs
- Community posts and discussions
- Subscription and payment data
- Custom configurations and settings

**Regular backups protect you from:**

- Accidental deletions
  - Server failures
  - Hacking or data corruption
  - Human error
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## Backup Schedule

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**Recommended:** Complete all three backups on the **1st of every month.**

Set a calendar reminder (import the `monthly-backup-reminder.ics` file) to remind you automatically.

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## Three-Step Backup Process

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### Step 1: Export to GitHub

**What it backs up:** All code files, configurations, and project structure

**How to do it:**

1. Open your website's Management UI (right panel)
2. Click **Settings** in the left sidebar
3. Click **GitHub**
4. Click "**Export to GitHub**" or "**Push to GitHub**"
5. Authorize Manus to access your GitHub account (first time only)
6. Choose a repository name (e.g., `ai-erik-learning-house`)
7. Click "**Export**"
8.  Done! Your code is now backed up to GitHub

**Where to find it:** [https://github.com/YOUR\\_USERNAME/ai-erik-learning-house](https://github.com/YOUR_USERNAME/ai-erik-learning-house)

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### Step 2: Download All Files

**What it backs up:** Complete ZIP archive of your entire project

**How to do it:**

1. Open your website's Management UI (right panel)
2. Click **Code** in the left sidebar
3. Click "**Download All Files**" button (top right)
4. Save the ZIP file to your computer
5. Store it in a safe location:

- Google Drive
- Dropbox
- External hard drive
- Multiple locations (recommended)

6.  Done! You have a complete copy of your site

**File name:** ai-erik-learning-house-[date].zip

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### Step 3: Export Database

**What it backs up:** All your data (users, content, subscriptions, etc.)

**How to do it:**

1. Open your website's Management UI (right panel)
2. Click **Database** in the left sidebar
3. Click "**Export**" button (top right)
4. Choose format: **SQL** (recommended) or **CSV**
5. Save the file to your computer
6. Store it in the same safe location as your files backup
7.  Done! Your database is backed up

**File name:** database-export-[date].sql

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## Quick Backup Checklist

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Use this checklist each month:

- GitHub Export** - Code backed up to GitHub
- Files Download** - ZIP file saved to safe location
- Database Export** - SQL file saved to safe location
- Verify** - Check that all three files were created successfully
- Store Safely** - Files stored in multiple locations (Google Drive, Dropbox, etc.)

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# Emergency Recovery

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## If Your Site Goes Down:

1. **Don't panic!** Your data is safe in backups.
2. **Check Manus status:** Visit <https://status.manus.im>
3. **Try rollback first:**
  - Management UI → Checkpoints
  - Click “Rollback” on the last working version
4. **Contact Manus support:** <https://help.manus.im>
  - Provide your Project ID: `SXBPRb9eFWfeep4hXC2Gh8`
  - They can restore from their backups

## If You Need to Rebuild from Scratch:

1. **Create new Manus project**
  2. **Upload your GitHub backup:**
    - Clone your GitHub repository
    - Upload files to new project
  3. **Import your database:**
    - Management UI → Database → Import
    - Upload your SQL file
  4. **Reconfigure settings:**
    - Stripe keys (get from Settings → Payment)
    - Domain settings
    - Email settings
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# Important Information to Keep Safe

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## Project Details:

- **Project ID:** SXBPRb9eFWfeep4hXC2Gh8
- **Project Name:** The AI Erik Learning House
- **Project Path:** /home/ubuntu/ai-erik-learning-house
- **Live Domain:** theailearninghouse.vip

## Support Contacts:

- **Manus Support:** <https://help.manus.im>
- **Your Email:** etechlive@gmail.com

## Stripe (Payments):

- Configured in Management UI → Settings → Payment
- Test keys and live keys both configured
- Webhook URL: <https://aieriklearn-gn4wanlg.manus.space/api/stripe/webhook>

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## Tips for Safe Backups

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1. **Store in multiple locations** - Don't rely on just one backup
2. **Test your backups** - Occasionally open the ZIP file to make sure it's not corrupted
3. **Keep old backups** - Don't delete last month's backup when you create a new one
4. **Automate reminders** - Import the calendar file so you never forget
5. **Document changes** - Add notes about major updates (e.g., "Added 50 teacher prompts")

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## Backup Storage Recommendations

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### Best Options:

1. **Google Drive** - 15 GB free, easy to access
2. **Dropbox** - 2 GB free, reliable syncing
3. **External Hard Drive** - Physical backup, offline safety
4. **GitHub** - Already included in Step 1, free for public repos

### Folder Structure:

```
AI Erik Learning House Backups/  
├── 2026-01-01/  
│   ├── code.zip  
│   ├── database.sql  
│   └── notes.txt  
├── 2026-02-01/  
│   ├── code.zip  
│   ├── database.sql  
│   └── notes.txt  
└── 2026-03-01/  
    ├── code.zip  
    ├── database.sql  
    └── notes.txt
```

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## Questions?

### Need help with backups?

- Visit: <https://help.manus.im>
- Email: support@manus.im
- Or ask in the Manus community

**Remember:** 15 minutes of backup work each month can save you weeks of recovery work later!

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**Last Updated:** January 19, 2026

**Version:** 1.0