1, Please first associate your email account with the Outlook client (select Windows system, not supported on Mac system)

2, Change the offline settings to "All" in the account settings, close the Outlook client, and then run the Outlook client again.



3, Next, wait for the email content to be fully synchronized.

4, Click on "File" in the upper left corner, select "Open and Export" - "Import/Export" - "Export to File" - "Outlook Data File (. pst)", then select your email account and check the "Include subfolders" option below. Next, click "Next", select the location to store the PST file, and choose "Replace duplicate items with exported items"







5, Just wait until all the files are exported.