Understanding What Office 365 Groups Data is Backed Up

https://campus.barracuda.com/doc/89096629/

Office 365 Groups is a membership service that ties a list of users together to collaborate on a list of applications, such as Microsoft Exchange, SharePoint, and Teams. Teams is a collaborative communications infrastructure that combines workplace chat, calling, video meetings, and file sharing.

With Barracuda Cloud-to-Cloud Backup, you can back up all your mail, calendar, and site data, along with file data shared within Teams that includes the Group membership associated with Teams. All of the information is grouped under a unified experience to simplify recovering Teams data back to a specific timestamp.

When you create a Team, the following items are created in Office 365:

- A new Office 365 group
- A SharePoint Online site and document library to store Team files
- An Exchange Online shared mailbox and calendar
- A OneNote notebook
- Integration with Office 365 apps such as Planner and Power BI

Consider the list of items customers use that are associated with Teams. This list can include the following:

- Exchange Group mailboxes
- Exchange Group Calendar
- SharePoint Group Site
- Documents and Files shared in Teams
- Group membership

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