# 如何幫 Windows 10 系統備份與還原?

### 一、 建立 Windows 10 系統備份

- 1. 準備一隻 USB 隨身碟, 建議容量 32GB 以上, 並且格式化為 NTFS 格式
- 2. 點選 開始功能表,選擇[設定]> [更新與安全性]> [備份]>點選[移

至備份與還原(windows 7)]選項

	← Settings	- 🗆 X	
	လို့ဲ UPDATE & SECURITY	Find a setting	
	Windows Update	Back up using File History	
and the	Activation	Back up your files to another drive and restore them if the	
	Backup	originals are lost, damaged, or deleted.	
-	Recovery	+ Add a drive	1 Alexandre
	Windows Defender	More options	
20.915	For developers	Looking for an older backup?	
-		If you created a backup using the Windows 7 Backup and Restore tool, it'll still work in Windows 10.	
		Go to Backup and Restore (Windows 7)	

#### 3. 點選[建立系統映像]來進行備份

Backup and Restore (Windows )	)		7.	Search Control Panel	
	and a system and security a backup and restore (windows /)	*	0	Search Control Panel	P
Control Panel Home	Back up or restore your files				
Create a system image	Backup				
Create a system repair disc	Windows Backup has not been set up.		Set up backup		
	Restore				
	Windows could not find a backup for this computer.				
	Select another backup to restore files from				

4. 選擇將備份的映像檔存放於 USB 隨身碟,再按 [下一步]

Where do you want to	save the backup?		
A system image is a copy of t drives. A system image can b stops working; however, you	he drives required for Wi e used to restore your co can't select individual ite	ndows to run. It can also mputer if your hard drive ms to restore.	include additional e or computer ever
On a hard disk			
Local Disk (E:) 1.12 TE	8 free	~	
On one or more DVDs		V	
On one or more DVDs  DVD Drive (D:) On a network location	_	3	
<ul> <li>On one or more DVDs</li> <li>DVD Drive (D:)</li> <li>On a network location</li> </ul>		v Select	
<ul> <li>On one or more DVDs</li> <li>DVD Drive (D:)</li> <li>On a network location</li> </ul>		Select	
<ul> <li>On one or more DVDs</li> <li>DVD Drive (D:)</li> <li>On a network location</li> </ul>		↓ Select	

# 5. 確認備份設定後選擇 [開始備份]

	×	Į.
÷	🏥 Create a system image	
	Confirm your backup settings	
	Backup location:	
	Local Disk (E:)	
	The backup could take up to 13 GB of disk space.	
	The following drives will be backed up:	
	System Reserved (System)	
	(C:) (System)	
	Ν	
	N2	
	Start backup Cancel	

### 6. 等待備份完成

ontrol Panel Home	Back up or restore your files	
reate a system image	Back-up	
reate a system repair disc	🤹 Create a system image	— 🗆 🗙 k-up
	Rest Windows is saving the backup	
	Backing up (C:)	

### 7. 完成

🔹 Create a system image	_		$\times$
The backup completed successfully.			
		Close	

### 二、 利用先前建立的 Windows 10 系統備份還原電腦

1. 插入先前建立的系統備份 USB 随身碟與 Windows 10 安裝隨身碟或光碟

\*製作 USB Windows 10 安裝隨身碟,請參考微軟官網

https://www.microsoft.com/zh-tw/software-download/windows10

2. 進入 BIOS 調整 Boot,設定為使用 Windows 10 安裝隨身碟或光碟開機

ŝ	3			Ø	•	<b>→</b> .
Main Adv	/anced L	:hipset	Iweak	Security	Boot	Exit
Boot Configuration					Sets the system	boot order
Operating system select			Windows	8.x / 10		
Launch PXE OpROM			Dis	abled		
Launch Storage OpROM			Ena	bled		
Fast Boot			Dis	able		
				The second s		
Bootup NumLock State				On		
Update System BIOS			Dis	abled		
Boot mode select			U	EFI		
FIXED BOOT ORDER Prioritie	es					
Boot Option #1	artistic .		USB Key:UEF	I: PNY US	Contraction of the second	
Boot Uption #2			CD CD	/070		
Boot Option #3			USB Ha	rd Disk		
Boot Option #4			USB	CD/DVD		
Boot Option #5			Hard Disk:W	indows Bo	and the second second second second	
Boot Option #6			USB	Floppy	++: Select Scree	n
Boot Option #7			Net	work	↑↓/Click: Select	Item
					Enter/Dbl Click:	Select
>>> UEFI Hard Disk Drive Pr	riorities				+/-: Change Opt.	
≫ UEFI USB Flash Drive Pr	riorities				F1: General Help	
					F2: Previous Val	ues
					F3: Optimized De	faults
					F4: Save & Exit	
					ESC/Right Click:	Exit

3. 於 Windows 安裝程式介面選擇您的語言後按 [下一步]

Languag <u>e</u> to install: <mark>(English (United States)</mark>	
Time and currency format: English (United States)	•
Keyboard or input method: US	•
Enter your language and other preferences and click "Next" to continue.	
© 2014 Microsoft Corporation. All rights reserved.	Next

4. 選擇螢幕左下角 [修復您的電腦]

	Windows	
	Install now	
Repair your computer		k

#### 5. 選擇 [疑難排解]



6. 選擇 [進階選項]

€	Trou	bleshoot
	O,	Reset this PC Lets you choose to keep or remove your files, then re-installs Windows.
	*= **	Advanced options

#### 7. 選擇 [**系統映像修復**]



8. 選擇 [Windows 10]



### 9. 若系統備份檔完整,程式會自動選擇系統映像,按[**下一步]**依照指示還原

電腦

🌺 Re-image your computer			×
	Select a sys	tem image backup	
	This computer will Everything on this information in the	be restored using the system image. computer will be replaced with the system image.	
- 0	Troubleshooting in http://go.microsof	formation for BMR: t.com/fwlink/p/?LinkId=225039	
	• Use the latest	available system image(recommended)	
	Location:	Images (F:)	
	Date and time:	3/11/2015 12:54:23 PM (GMT-8:00)	
	Computer:	kc-win 10	
	O Select a system	n image	_
		< Back Next > Can	el

10. 選擇 [下一步]

Ne-image your computer	<b>—</b>
Choose additional restore options	à
Format and repartition disks Select this to delete any existing partitions and reformat all disks	Evolude disks.
on this computer to match the layout of the system image.	
If you're unable to select an option above, installing the drivers for the disks you are restoring to might solve the problem.	Install drivers
	Advanced
< Back Nex	t > Cancel

# 11. 選擇 [完成]

🌺 Re-image your computer		<b>—</b>					
	Your computer will be restored from the following syste image:						
	Date and time:	1/09/2015 13:02:21 (GMT-00:00)					
	Computer:	DESKTOP-9S1FQUP					
	Drives to restore:	\\?eb02c552-0000-0000-					
< Back Pinish Cancel							

# 12. 選擇 [ 是 ]

🍋 Re-image your computer		X					
	Your computer will be restored from the following system image:						
	Date and time:	1/09/2015 13:02:21 (GMT-00:00)					
	Computer:	DESKTOP-9S1FQUP					
	Drives to restore:	\\?eb02c552-0000-0000-					
Re-image Your Computer       S3         All disks to be restored will be formatted and replaced with the layout and data in the system image.       Are you sure you want to continue?							
		Yes					
	< Ba	ack Finish Cancel					

#### 13. 等待系統還原



14. 請先拔除 Windows 10 開機隨身碟之後,再選擇 [重新啟動電腦]



15. 完成系統還原

\* Windows 10 系統映像檔還原完成後,請記得當系統開機並在螢幕上顯示開機畫面時進入 BIOS, 將設定調整回硬碟開機。

Â	) J		1	Ċ	•	→.
Main	Advanced	Chipset	Tweak	Security	Boot	Exit
Boot Configuration					Sets the system b	oot order
Operating system sele Launch PXE OpROM Launch Storage OpROM	ct		Windows Disa Enal	8.× / 10 abled bled		
Fast Boot			Disa	able		
Bootup NumLock State Update System BIOS Boot mode select			( Disc Ut	On abled EFI		
FIXED BOOT ORDER Prio	rities					
			Hard Disk:W.	indows Bo		
Boot Option #2			CD.	/DVD		
Boot Option #3			USB Har	rd Disk		
Boot Option #4			USB (	CD/DVD		
Boot Option #5			USB	Key		
Boot Option #6			USB F	Floppy	++: Select Screer	
Boot Option #7			Neti	work	↓/Click: Select	Item
≫ UEFI Hard Disk Dri	ve Priorities				Enter/Dbl Click: +/-: Change Opt. F1: General Help F2: Previous Valu F3: Optimized Def F4: Save & Exit F5C/Right Click:	Select Hes Haults Fxit
					addinight brick.	