

Own your workspace.

Move from Notion to AppFlowy — local-first and open.

Docs, boards and databases like Notion — but stored on your device, working offline, and free. Import your existing Notion pages in a couple of clicks.

Who this is for

Anyone who built their life in Notion but wants their data local and their tools free, without giving up databases and boards. No server needed; self-hosting is optional.

Pay Once — the offline & one-time-purchase app directory · payoncehq.com

Free guide · pay what you want · share freely

Why move off Notion

Notion is cloud-only, keeps your pages on its servers, and gates features behind paid plans.

AppFlowy is an open-source, local-first alternative with the same building blocks — rich documents, kanban boards and databases — that live on your device and work offline. Free, with a self-host option if you want team sync you control.

What you keep

Documents, boards, and Table/Board/Calendar database views · offline access · your data in local files. What you drop: the subscription and the cloud dependency.

1 · Install AppFlowy

Install AppFlowy for Windows, macOS or Linux (mobile apps too). It runs locally out of the box — no account required to start.

2 · Export your Notion workspace

In Notion: **Settings** → **Workspace Settings** → **Export all workspace content**, and export as a ZIP (Markdown & CSV). Wait for the download and unzip it.

3 · Import into AppFlowy

In AppFlowy: **Settings** → **Import**, then choose the Notion export — it brings in your pages and databases together. For a single page instead, use Import → Text & Markdown and pick that page's .md file.

What to expect

Simple page trees and basic databases import cleanly. Deeply nested pages and heavily relational databases (linked/rollup properties) may need some tidying afterwards — check your most complex databases first.

4 · Offline, and optional self-host

- AppFlowy works fully offline; changes sync when you reconnect (if you enable sync).
- For team use with data you control, you can self-host the AppFlowy backend rather than use the managed cloud.
- Back up your AppFlowy data folder like any important local files.

5 · Verify, then cancel

- Open your key pages and databases and confirm content and views came through.
- Rebuild any complex relational database that didn't map perfectly.
- Once your daily workspace works, downgrade or close your Notion plan.

Common snags

Symptom	Fix
Database looks flat	Relational/rollup fields may not map; recreate those columns.
Some pages missing	Re-export the full workspace ZIP, not a single page.
Images didn't come in	Import the unzipped export folder so linked assets resolve.

Found this useful?

This guide is free — pay what you want if it saved you time. More offline & one-time-purchase alternatives to subscription apps, plus other migration guides, at **payoncehq.com**.

Sources: official AppFlowy documentation (docs.appflowy.io). Steps current as of 2026; check the project for the latest. Independent guide, not affiliated with AppFlowy or Notion.