How Can I get the REST URL before Export

Question
How can I get the REST URL without having to export a large number of pages?

Answer
1. Open a page (in the same space) with no child pages, export this page to Word using the wanted Export Scheme (the one you want to use to export a large number of pages) and copy the REST URL.
2. Open the actual root page of your export and copy the page ID of this page. To do so, click Tools > Page Information and copy the page ID from the URL in the browser.
3. Insert this page ID to the REST URL from step 1.

You have successfully defined the root page and the wanted Export Scheme ID and you can now use this REST URL to export your content.