JWT (JSON Web Token) is a secure, compact standard for transmitting information between two parties, commonly used for authentication, authorization, and stateless communication in web applications and microservices.

It consists of three parts: Header (defines the token type and signing algorithm), Payload (stores user information and roles), and Signature (ensures data integrity with a secret key).

Key features include security through digital signatures, efficiency due to its small size, and flexibility for seamless transmission across services.