

1-you have to install Arduino IDE
2-in Arduino IDE go to File->Preferences
and enter this link in "Additional Board
Manager URLs" field:

"https://raw.githubusercontent.com/ espressif/arduino-esp32/ghpages/package_esp32_index.json".

Then Click OK button

3-Then go to Tools-> Board: "ESP32 Dev Model"-> Boards Manger then type esp32 that way to install ESP.