Steps for programing ESP32:

1- Download "Arduino IDE"

2- Plug the ESP32 development board to the computer

3 - open "Arduino IDE"

4- File ➡ Preferences ➡ put ESP library link

5- Tools ➡ Board ➡ Boards Manager

➡ write ESP32 and choose "ESP32 Espressif Systems"

➡ install

6-Tools ➡ Board "Arduino uno"
ESP32 Arduino ➡ choose the board

Example to be sure the board working:

-File ➡ Example ➡ Basics ➡ Blink