Wikipedia

In computing, an **interface** is a shared boundary across which two or more separate components of a [computer system](https://en.wikipedia.org/wiki/Computer_system) exchange information. The exchange can be between [software](https://en.wikipedia.org/wiki/Software), [computer hardware](https://en.wikipedia.org/wiki/Computer_hardware), [peripheral devices](https://en.wikipedia.org/wiki/Peripheral), [humans](https://en.wikipedia.org/wiki/User_interface), and combinations of these.[[1]](https://en.wikipedia.org/wiki/Interface_(computing)#cite_note-HookwayInterface14-1) Some computer hardware devices, such as a [touchscreen](https://en.wikipedia.org/wiki/Touchscreen), can both send and receive data through the interface, while others such as a mouse or microphone may only provide an interface to send data to a given system

Real life definition

Think of an interface as a door. Between it are two different entities, it could be room-to-room, room-to-hallway, room-to-outside, etc. The door defines what can be passed from one side to the other. If the door is 4" x 4" you can pass anything within those dimensions or smaller up to the length of room behind it. Maybe inside that door is a rotating cylinder with a slot in it that you roll to your side, drop your package in, and then rotate until opening is on the other side of the door. Now you a limited to the opening on the cylinder, the size of the cylinder, etc. Maybe that cylinder has only a small round hole, but you can fill the cylinder with as many things as fit through that hole until it fills up. However that physical door is designed will determine how much, how big, and how objects must pass through it. Perhaps it involves keys, combination locks, and bar code scanners to verify proper access.

This analogy still works for computers. An interface is a sort of door between two things, such as program-to-program, program-to-OS, OS-to-hardware, etc. It defines what kind of data can be accepted, how that data must be formatted, and the protocol for passing the data through the door. It is an area in memory or data ports on a piece of hardware that allows one side to put specifically formatted data on for the other device/program to see. Often there is a series of steps in the protocol that are used to access the interface.

In the real world I once bought a refrigerator that wouldn't fit through any external door in the house. That was an expensive lesson in interfaces for me and it illustrates exactly how computer interfaces work. You better understand what needs to be done before you do it or you'll never get the data through.