Difference between Virtual Machine and Container

Containers require an underlying operating system that provide basic services to all its applications using virtual memory support for isolation

Container provides an abstract OS

Virtual machine has their own operating system using hardware VM

Virtual machine provides an abstract machine that use device drivers targeting the abstract machine

Examples of when each would be utilized

When you value security, use VM instead of Container because VM provide abstraction between different OS. Whereas containers does not

If you want to run maximum amount of applications quick with minimum use of server, then containers are good

If you want to run multiple applications on servers and have variety of OS you want to use, use VMs