1. **Converting String to int using Integer.parseInt(String)**

String str = "1234";

int inum = Integer.parseInt(str);

1. **Converting String to int using Integer.valueOf(String)**

String str="1122";

int inum = Integer.valueOf(str);

1. **Converting int to String using Integer.toString()**

int ivar2 = 200;

String str = Integer.toString(ivar2);

1. **Converting int to String using String.valueOf(int i)**

int ivar = 111;

String str = String.valueOf(ivar);

1. **Converting String to long using Long.parseLong(String)**

String str="91122";

long num = Long.valueOf(str);

1. **Converting String to int using Long.valueOf(String)**

String str="91122";

long num = Long.valueOf(str);