

The main difference between a Python list and a Java array is that Java arrays are fixed length whereas Python lists are variable length. Once an array is declared in Java, its length cannot be changed. In Python, elements can be removed, using the `remove()` method, or added, using the `append()` method. Another difference is that a list can contain multiple data types whereas an array can only contain one type of data. In Java, if you declared an array of type `int`, you can only hold integers in that array. In Python, you can have a double, a string, and another list contained in the same list.

Some of the syntax between the two have some similarities. Both Java and Python allow you to index both arrays and lists using syntax such as `elements[0]`. They also use 0-indexing, meaning both lists and arrays start at index 0.

To create a list, it can be done implicitly, using `elements = []`, or explicitly, using `elements : list = []`, with both cases being an empty list. To add to a list, you can use the `append()` method, which can be used as `element.append("This is data")`.