**var in Kotlin:**

In Kotlin, `var` is used to declare mutable variables, meaning their values can be changed after they are initialized. Variables declared with `var` can have their values reassigned multiple times throughout their scope, making them suitable for situations where the data may change over time.

**val in Kotlin:**

In contrast, `val` is used to declare immutable variables in Kotlin, meaning their values cannot be changed once they are assigned. This keyword is similar to `final` in Java. Variables declared with `val` are assigned a value once and cannot be modified thereafter. They provide safety and predictability in code, as their values remain constant throughout their scope, making them suitable for situations where the data should not change after initialization.