In Python, a string is a sequence of characters. It's one of the built-in data types in Python used to represent text-based data. A string in Python can include letters, numbers, symbols, and whitespace characters, and it's enclosed within quotes. You can use either single quotes (') or double quotes (") to define a string. For example:

pythonCopy code

string1 = "Hello, World!"

string2 = 'Python is fun.'

A substring, on the other hand, is a portion or segment of a string. It can be as small as a single character or as large as the entire string. In Python, substrings are typically extracted using slicing, which involves specifying a start and an end index. For example:

pythonCopy code

string = "Hello, World!"

substring = string[0:5] # This will be 'Hello'

In this example, substring is a substring of string, containing the characters from index 0 to index 4 (since the end index is exclusive in Python slicing).

Python also provides various methods to work with strings and substrings, such as find() to locate a substring within a string, replace() to replace parts of a string, and many others, making string manipulation a straightforward task.