**Spring Framework**

* Spring has **layered architecture**.
* Can use what’s needed and leave not needed for your app.
* Spring enables **POJO Programming**.
* POJO programming enables continuous integration (CI) and **testability**.
* **Dependency Injection and Inversion of Control (IoC)** simplifies JDBC
* **Open source** and no vendor lock-in.

**Spring MVC**

* Spring provides a very clean division between controllers, JavaBean models, and views.
* Spring Controllers are configured via IoC like any other objects.

This makes them easy to test, and integrated with other objects managed by Spring.