1-First step, I download Arduino IDE

2-second step, I want to download ESP32 so, i go to tools then board then boards Manager, form search I write esp32 but there nothing!!

3-third step , to fix the problem in the second step , I go to file then preference , I put this URL

https://raw.githubusercontent.com/espressif/arduino-esp32/gh-pages/package_esp32_index.json this is Stable release link.

4-fourth steps, i repeat the second step to download ESp32.

5- fifth step, I go to tools then select name of ESP32

6- sixth step, I go to tools then port then select a COM

Finally I put my code and I run it in simulator to be sure it working well in specified second, it really run well

