- **String is immutable**
  Once a String object is created, **its value cannot be changed**. Any operation that seems to modify a string (like concatenation) actually creates a **new String object**.

- **StringBuffer (and StringBuilder) is mutable**
  You can modify the contents (like append, insert, delete characters) **without creating a new object**.

Example:

// String (immutable)

String s = "Hello";

s.concat(" World"); // This does NOT change 's'

System.out.println(s); // Output: Hello

// StringBuffer (mutable)

StringBuffer sb = new StringBuffer("Hello");

sb.append(" World"); // This changes the content of 'sb'

System.out.println(sb); // Output: Hello World

So to summarize:

- String – **Immutable**

- StringBuffer – **Mutable**