eSIM vs Physical SIM (vsdiff.com)

Feature	eSIM	Physical SIM
Size	Embedded in the device	Small card (varies in size)
Flexibility	Multiple profiles can be stored	Single carrier profile
Durability	More durable, less prone to damage	Can be damaged or lost
Activation Process	Online activation via QR code	Physical exchange of SIM cards
Carrier Switching	Easy switching between carriers	Requires changing the SIM card

Source: https://vsdiff.com/esim-vs-physical-sim/