SSD vs External SSD (vsdiff.com)

Feature	Internal SSD	External SSD
Form Factor	Installed internally in the device	Standalone unit connected via USB or Thunderbolt
Speed	High-speed performance, often faster than external options	Speed depends on the port and cable used; might be slightly slower
Portability	Not portable; remains inside the device	Highly portable; easy to carry and transfer data across devices
Installation	Requires installation expertise and time	Plug-and-play functionality; no installation needed
Cost	Usually more cost-effective per GB	Typically more expensive per GB due to portability
Durability	Generally durable but susceptible to internal damage	Built to withstand wear and tear; often more rugged models available

Source: https://vsdiff.com/ssd-vs-external-ssd/