

Uses of Estar

- To express location or position, WHETHER IT IS TEMPORARY OR PERMANENT!

Yo estoy en la tienda	I am in the store
Ella está conmigo	She is with me
Madrid está en España	Madrid is in Spain

- To describe a TEMPORARY condition or feeling of a person or thing.

Tú estás enfermo	You are sick
La puerta está cerrada	The door is closed
Luis está cansado	Luis is tired
La ventana está abierta	The window is open

- To form the present progressive

Miguel está durmiendo	Miguel is sleeping
Ella está esperando	She is waiting

- The choice of SER or ESTAR can determine the meaning of the sentence.

El es aburrido	He is boring (personality)
El está aburrido	He is bored (temporary)
Ella es nerviosa	She is nervous (a nervous person)
Ella está nerviosa	She is nervous (at this moment)
El es viejo	He is old (age)
El está viejo	He looks old (today)

Food is described using both SER and ESTAR but each gives a different meaning.

La carne es buena	The meat is good (in general)
La carne está buena	The meat is good (It tastes good right now)