Textbox with tight margins
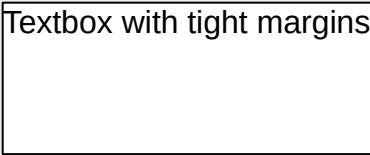
Frame with varied margins
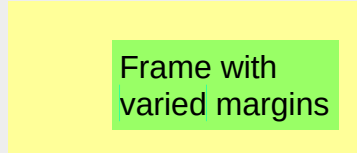
ODT: textboxes do not have borders or padding, but do have lines. I guess padding needs be done in Paragraph properties. Frames have borders and padding.
DOC: same as ODT
DOCX: both are shown as drawing objects, with attached textboxes. neither have borders or padding, just lines.

table padding   1   already borderless