```
public class ThrowAndThrows
{
    public static void method() throws ArithmeticException{
        System.out.println("inside the methode");
        throw new ArithmeticException("throwing ArithmeticException");
    }

    public static void main(String[] args) {
        try{
            method();
        }
        catch(ArithmeticException e)
        {
             System.out.println("caught on main() methode");
        }
    }
}
```