Identify where try/catch is being used

Try/Catch is being used when we are trying to use a function and the try part holds the function and if that function throws an exception then the catch block is called. The catch block catches the exceptions from the try block. It is used outside of the function.

Identify where throw is being used

Throw is being used inside the function itself. The function may throw an exception when it finds an error, and this is where it is used.

Why use exceptions instead of "default values" or true/false return types?

You use exceptions because it helps the user or the programmer to know what went wrong with their code instead of just saying error and not knowing what the error is or how to fix it.