

培  
优  
提  
高  
班

PEIYOU TIGAOBAN

《培优提高班》编写组 编

八年级上（外研版）



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英语



ZHEJIANG UNIVERSITY PRESS  
浙江大学出版社

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## 编写说明

中学教材的内容和要求是以大多数学生的学习能力为基础的,没有充分考虑学生的个性化要求,仅仅考虑普适性,这对于那些学有余力的学生来说是一个缺憾。经过反复征求广大中学师生的意见和充分进行市场调研,我们觉得很有必要策划一套既适合大多数学生使用,又能满足那些“吃不饱”的学生要求的教辅图书。基于此,我们组织中学一线的资深教师和教育专家反复论证,策划了“初中各学科培优提高班”丛书。丛书包括语文、数学、英语和科学四种,其中七、八年级分上下两册,九年级为全一册(科学九年级仍分上下册)。

丛书的栏目设计和编写的特色是:

丛书各分册与相应的学科教材同步配套,以课时为单元编写。每个课时包括学习要求、典型问题剖析与点评,以及三级课外训练。例题典型,能触类旁通;点评富有启发性,能举一反三;三级练习层次分明,依次递进,引导学生循序渐进。

丛书注重学生个性发展,设计了相当数量的提高训练,为那些学有余力的学生提供了优秀的学习素材。

丛书选材精练,所有素材都选自各地中考试题,具有相当的典型性、科学性、指导性、预测性和训练价值。

丛书实用性强,训练部分留有空白,既可以作为学生学习的指导用书,又可以作为作业本使用,同时还可以作为教师教学的参考用书。

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## Module 1 How to learn English



## 重点词汇和句型

give... some advice 给……一些建议

write down 写下

correct spelling 正确的拼写

next to 在旁边

each other 互相

meet pen friend 见笔友

in English 用英语

listen to the radio 听广播

read a newspaper 看报纸

real English 地道的英语

ask for 寻求

improve English 提高英语

1. What else? 别的什么?

2. That's a good idea. 好主意。

3. Many students ask for advice about improving their English.

4. Just enjoy yourself!

5. So before you begin, take a deep breath and smile!

talk about 谈论

the meaning of... 的意思

enjoy oneself 玩得开心

lots of 许多

take a deep breath 深呼吸

pieces of paper 几张纸

best wishes 祝福你

get bad marks 考得不好

make friends 交朋友

show... around 带……参观

be good at 擅长做……

for example 例如



## 重点语法

本模块中,给别人提建议的表达方式有:

1. You should do...

You should always speak English in class. 你应该总是在课堂上讲英语。

2. Why don't you do...? / Why not do...?

Why don't you write it down? 你为什么不把它写下来呢?

3. It's a good idea to do...

It's a good idea to check your vocabulary notebook every day. 每天检查词汇本是个好注意。

4. How/ What about doing...?

How about listening to the radio in English? 听英文广播怎么样?

5. Try (not) to do...

Try not to translate every word. 尽量不要逐字翻译。

6. Let's do...

Let's watch an English film. 我们看英文电影吧。

7. Don't forget to do...

Don't forget to write email messages to each other. 不要忘记互相发电子邮件。

对于建议的回答可以是:

That's a good idea!

Great!

All right!

Sure!

Thanks a lot! 等。



### 重难点句子分析

1. I'm going to give you some advice. 我将给你们一些建议。

(1) advice 意为“建议”，是一个不可数名词。

a piece of advice 意为“一条建议”；two pieces of advice 意为“两条建议”。

(2) advise 意为“建议，劝告”，是动词。如：

Betty advised her father to give up smoking. 贝蒂劝她爸爸戒烟。

2. What else? 还有什么？

else 意为“别的，其他的”，可作为形容词修饰不定代词(something, anything, everything, nothing, somebody, anyone, etc.)和疑问词(what, when, where, who, which, etc.)，置于这些词后面。如：

Is there anyone else here? 还有别人在这里吗？

Where else did she go last Sunday? 她上个礼拜天还去了哪里？

3. She can help me with my homework. 她能帮我完成回家作业。

help sb. with sth. 意为“帮助某人做某事”。也可以用 help sb. do sth. 表示。如：

Jim always helps Daming learn English. 杰姆总是帮助大明学英语。

4. Take a deep breath and smile! Smiling always helps! 做个深呼吸，再笑一笑！微笑总是有用的。

(1) take a deep breath 意为“做个深呼吸”。breath 意为“呼吸”，是名词。跟 breath 有关的短语还有 out of breath 意为“上气不接下气”。如：

Daming was out of breath when he was running. 大明跑步的时候上气不接下气。

(2) smile 意为“微笑”，smiling 动名词作主语，谓语动词用第三人称单数形式。如：

Doing exercise often is good for our health. 常做运动对健康有益。

(3) help 在这里意为“起作用，奏效”。如：

If you are tired, sleep will help. 如果你累了，睡觉会起作用的。

5. It's difficult to remember new words. 记新单词很难。

It's+adj. +(for sb.) +to do sth. 意为“做某事对某人来讲怎么样”，其中 it 是形式主语，to do sth. 是真正的主语。for sb. 通常可以省略。如：

It's nice to see you. 见到你真高兴。

6. Write them on pieces of paper and place them in your bedroom. 把它们写在纸上,并放在你的卧室里。

(1) paper 意为“纸”,是不可数名词,可以用 a piece of paper 表示“一张纸”,pieces of paper 意为“几张纸”。如:

Please give me five pieces of paper. 请给我五张纸。

(2) place 意为“放置”,在这里是动词,place 也可以作名词,意为“地点,地方”。如:

Hangzhou is a nice place to visit. 杭州是个游玩得好地方。

## 课文拓展

1. I enjoy watching English films and listening to real English songs. 我喜欢看英文电影,听原版英文歌。

(1) enjoy 意为“喜欢”,enjoy doing sth. 意为“喜欢做某事”。如:

Aunt Li enjoys reading newspapers in the morning. 李阿姨喜欢早上看报纸。

(2) enjoy oneself 意为“玩得开心”,相当于 have a good time。如:

We enjoyed ourselves in the park yesterday. 我们昨天在公园里玩得很开心。

= We had a good time in the park yesterday.

2. But it takes a long time. 但是要花很长时间。

(1) take 在这里意为“花费,花时间”。It takes sb. some time to do sth. 意为“花某人多少时间去做某事”。It 是形式主语,真正的主语是 to do sth.。如:

It took me one hour to get to Hangzhou yesterday. 今天我花了一个小时到达杭州。

(2) spend 也有“花费时间”的意思。要表达“花某人多少时间去做某事”,可以用 sb. spends some time on/with sth. 或者 sb. spends some time (in) doing sth. 如:

Jack spends two hours (in) doing his homework every day. 杰克每天要花两个小时做回家作业。

Jack spends two hours on/with his homework every day. 杰克每天要花两个小时在回家作业上。

3. I left my homework at home. 我把回家作业忘在家里了。

(1) leave 在这里意为“遗忘,留下”,后面跟地点状语时,意为“把某物忘在某地”。如:

I left my bag on the bus this morning. 今天早上我把包忘在公共汽车上了。

(2) forget 意为“忘记”,但它只表示忘记事件,后面不能跟地点状语。forget 可以表示为:forget to do sth. 或者 forget doing sth. 前者表示忘记去做某事,后者表示忘记做过某事。如:

I forget to turn off the computer. 我忘记关电脑了。(电脑还没有关)

I forget turning off the computer. 我忘记关过电脑了。(电脑已经关了)



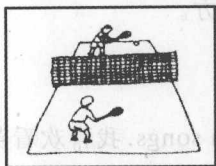


# 单元培优练习

## 听力部分(共20分)

### I. 听对话,选择正确的图片(5分)

( ) 1. What do they do on weekends?



A.



B.

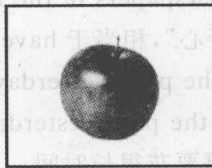


C.

( ) 2. What does the woman like?



A.



B.



C.

( ) 3. What sports does her uncle play?



A.

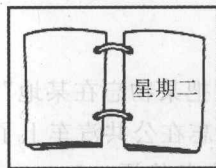


B.



C.

( ) 4. When do they usually play basketball?



A.

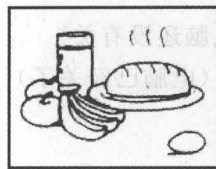


B.



C.

( ) 5. What does Miss Lee usually have for breakfast?



A.



B.



C.

### II. 听对话,选择正确答案(5分)

( ) 6. What does the women like?

- A. Milk. B. Vegetables. C. Meat.
- ( ) 7. Where was Betty born?  
A. America. B. London. C. Canada.
- ( ) 8. What did the boy do yesterday evening?  
A. To see Miss Liu. B. To see a friend. C. To buy some books.
- ( ) 9. How many boys are there in the class?  
A. 22. B. 24. C. 46.
- ( ) 10. How often does the girl drink milk?  
A. Once a day. B. Once a week. C. Twice a day.

### III. 听短文, 选择正确答案(10分)

- ( ) 11. \_\_\_\_\_ is the youngest child in the family.  
A. Bill B. Richard C. Nancy
- ( ) 12. Nancy was born in \_\_\_\_\_.  
A. 1996 B. 1993 C. 1997
- ( ) 13. Nancy, Roy and Bill go to school \_\_\_\_\_.  
A. by car B. by bus C. on foot
- ( ) 14. Nancy goes for a trip with \_\_\_\_\_.  
A. her brothers B. her family C. her friends
- ( ) 15. The Baker family often have a good weekend \_\_\_\_\_.  
A. in the park B. in the countryside C. in the city

## 笔试部分(共80分)

### IV. 单项填空(10分)

- ( ) 16. Don't forget \_\_\_\_\_ the lights when you leave.  
A. turning on B. turn off C. to turn off D. to turning off
- ( ) 17. It \_\_\_\_\_ me 15 minutes \_\_\_\_\_ English every morning.  
A. took; to read B. takes; to read C. took; reading D. takes; in reading
- ( ) 18. You should \_\_\_\_\_ English in class.  
A. to speak B. speaking C. speak D. not speak
- ( ) 19. Can you tell me \_\_\_\_\_ English well?  
A. how to learn B. what to learn C. how can I learn D. what does learn
- ( ) 20. How about buying some food and \_\_\_\_\_ a picnic in the park?  
A. have B. has C. had D. having
- ( ) 21. Can you \_\_\_\_\_ this letter \_\_\_\_\_ English?  
A. translate; by B. translation; by C. translate; into D. translation; into
- ( ) 22. \_\_\_\_\_ do you have an English party?

—Once a month.

A. How old      B. How far      C. How often      D. How long

( ) 23. I can speak only \_\_\_\_\_ English now.

A. few      B. a few      C. little      D. a little

( ) 24. Remember not to speak \_\_\_\_\_ when we are in the reading room.

A. fast      B. slowly      C. loudly      D. politely

( ) 25. Why not write the correct words next to the mistakes?

A. You are right.

B. Good idea.

C. You're welcome.

D. I'm sorry.

#### V. 完形填空(10分)

Everybody 26 that exercise is important(重要的). We 27 need to exercise. Doctors 28 it is good for us. It makes your heart and body 29. Children who often exercise are more alert(灵活的).

There are many ways 30. You can walk, run, swim, skate, 31 play ball games. Make sure you exercise in the following ways: you have to like what you're doing. Exercise enough, but not 32. It's best to exercise twice a week. Thirty minutes each time is enough. Try all kinds of things until you 33 one, two or even three sports that you feel right for you.

You can exercise at fitness centers. They have a lot of equipment(设备) there. The equipment will help exercise your arms, legs and other 34 of your body to make you fit. Some people buy equipment for their homes. But it is very expensive.

Exercising can be 35. Friends can exercise together at a fitness center, or they can play sports together. How do you exercise?

( ) 26. A. knows      B. learns      C. takes      D. thinks

( ) 27. A. both      B. all      C. each      D. either

( ) 28. A. tell      B. say      C. speak      D. read

( ) 29. A. strongest      B. good      C. strong      D. well

( ) 30. A. exercising      B. exercises      C. to exercise      D. exercise

( ) 31. A. but      B. and      C. so      D. or

( ) 32. A. much too      B. too much      C. too many      D. many too

( ) 33. A. find      B. try      C. look for      D. find out

( ) 34. A. part      B. parts      C. body      D. bodies

( ) 35. A. fun      B. funny      C. interest      D. boring

#### VI. 阅读理解(20分)

The English language started about 1,500 years ago in England. Three groups of people came to the country. They were the Angles, the Saxons, and the Jutes. These three groups brought their languages with them to England. After some time, the three languages became one new language—English. The name “English” comes from the

Angles. They lived in most of England. "England" means "Angle Land" or "Country of the Angle".

The language that we speak today—Modern English is not the same as the English that people used 1,500 years ago, including Old English (before 1150) and Middle English (up till 1500). That language—Old English sounds different, and it has some different rules of grammar. There were only a few thousand words in Old English. But Modern English does come from Old English, and it is still like it in many important ways.

- ( ) 36. When did Modern English start?
- A. About the year 1150.  
B. Before the year 1500.  
C. Between the 12th century and the 16th century.  
D. About the year 1500.
- ( ) 37. How many languages did Old English come from?
- A. One. B. Two. C. Three. D. Four.
- ( ) 38. Which language did the name "English" come from?
- A. Modern English. B. The Angles.  
C. The Jutes. D. The Saxons.
- ( ) 39. According to the passage, modern English differs from Old English in \_\_\_\_.
- A. grammar B. pronunciation  
C. words D. All of the above
- ( ) 40. Which of the following sentences is TRUE?
- A. Modern English has nothing to do with Old English.  
B. Modern English has more words than Old English.  
C. Modern English has a vocabulary twice as Old English.  
D. There is no difference between Old English and Middle English.

(B)

In many parts of the world, people live to a healthy old age. What is the secret of their long lives?

Three things are very important: fresh air, fresh food and a simple way of life. People who live in Himalayas (喜马拉雅山) are famous for their long and healthy lives. They work near their homes in the clean mountains. They don't have buses, cars or trains. They don't sit all day in busy offices. They take more exercise and eat less food than people in the cities. They eat vegetables grown by themselves. They drink milk taken from their own cows. For years, the Hunzas of the Himalayas don't need doctors, for there is not much illness. They are happy and healthy people.

- ( ) 41. Which is NOT the life of the people living in Himalayas?
- A. They work hard in the fields.  
B. They eat vegetables grown by themselves.



- C. They take more exercise and eat more food than people in the cities.  
D. They drink milk taken from their own cows.
42. Which one is NOT true about the people living in Himalayas?  
A. They live a simple life in the mountains.  
B. They grow vegetables and milk cows themselves.  
C. When they are ill, they don't go to see doctors.  
D. They don't sit all day in busy offices.
43. Which is NOT the secret of long life?  
A. Fresh air.  
B. Fresh food.  
C. A simple way of life.  
D. A simple way of eating.
44. What are the Hunzas famous for?  
A. Vegetables.  
B. Milk.  
C. Food.  
D. Their long and healthy lives.
45. They do not need doctors, for \_\_\_\_\_.  
A. the doctors are not good  
B. there is not much illness  
C. there is no illness  
D. they are happy

Ⅶ. 按要求改写句子(10分)

46. Why don't you get up earlier? (改为同义句)  
\_\_\_\_\_ get up earlier?
47. You can improve your English by listening to the radio. (对画线部分提问)  
\_\_\_\_\_ I improve \_\_\_\_\_ English?
48. She should speak more English in class. (改为一般疑问句)  
\_\_\_\_\_ she \_\_\_\_\_ more English in class?
49. Sam can't speak to the foreign teacher because he is shy. (对画线部分提问)  
\_\_\_\_\_ Sam speak to the foreign teacher?
50. Did they have a good time in the park last Sunday? (改为同义句)  
Did they \_\_\_\_\_ in the park last Sunday?

Ⅷ. 单词拼写(10分)

A) 根据首字母拼写单词。

51. Tony gave me lots of a \_\_\_\_\_ on how to learn English well.
52. Please write your m \_\_\_\_\_ in your notebook.
53. Try to r \_\_\_\_\_ eight or ten words a day.
54. I enjoy reading English n \_\_\_\_\_ like *China Diary*.
55. What e \_\_\_\_\_ would you like to choose?

B) 根据中文意思拼写单词。

56. English can help us u \_\_\_\_\_ (理解) many new books and movies.
57. Daming s \_\_\_\_\_ (发送) me an email messages last night.
58. Boys and girls! Please write notes about t \_\_\_\_\_ (翻译).
59. Work hard, and you will i \_\_\_\_\_ (提高) your English.



60. If you want to remember the new words, \_\_\_\_\_ (重复) them.

IX. 补全对话(有两项多余)(5分)

A: Hello, I'm so glad to see you again. How are you?

B: 61

A: Very well. Thanks. But you look worried. 62

B: I got a "C" in my English exam.

A: 63

B: I think English is too difficult for me. I don't understand why we Chinese students have to learn it.

A: 64

B: You are right, but English is so hard.

A: It is hard, but it is important. Let me help you.

B: 65 I'll try harder.

A. English is widely used in the world.

B. I'm sorry to hear that.

C. Fine, thank you! And you?

D. You should work hard.

E. What's wrong?

F. Thank you very much.

G. I like English very much.

X. 书面表达(15分)

Dear Betty,

Thank you for your letter. I find English is very difficult, and I always forget the new words. I can't understand the grammar. What should I do? How can I improve my English? Can you give me some advice?

Yours,

Daming

这是大明写给贝蒂的信。假如你是贝蒂,请你给大明写一封回信,给他提一些学习英语的建议。(60~80词)

Dear Daming,


Yours,

Betty

## Module 2 Experiences



### 重点词组和句型

travel around the world 周游世界

the price of... 的价格

take off 起飞

the first prize 一等奖

enter a competition 参加比赛

all over China 全中国

try western food 尝试西餐

Spring Festival 春节

more than 多于

sell out 卖完

dream come true 梦想成真

the greatest Chinese musician 中国最伟大的音乐家

take photos of... 给……拍照

climb the Great Wall 爬长城

travel by plane 乘飞机旅行

since then 自从那时起

take a plane 乘飞机

cook dinner 做饭

live in another city 住在别的城市

write a story 写故事

try sea food 尝试海鲜

1. Sally has invited me to stay with her in England one day.

2. What do you reckon?

3. It sounds brilliant!

4. Wei Ming has been all over China by plane.

5. Has she visited China before?



### 重点语法

#### 现在完成时(一)

- 定义:现在完成时(Present perfect)表示过去发生并且已经完成的动作对现在造成影响或后果,也可以表示过去某一时间开始并一直持续到现在的动作或状态。
- 基本结构:主语+have/has+过去分词(done)。
- 现以动词 study 为例,将现在完成时的肯定句、否定句和疑问句及简略回答列表如下:

	结 构	例 句
肯定句	主语+have/has+done.	I have studied.
否定句	主语+haven't/hasn't+done.	I haven't studied.
疑问句	Have/has+主语+done?	Have you studied?
简略回答	Yes, 主语+have/has.	Yes, I have.
	No, 主语+haven't/hasn't.	No, I haven't.

## 4. 动词过去分词:

(1) 规则动词: 规则动词的过去分词的构成规则与规则动词的过去式的构成规则相同。

四点变化规则如下:

① 一般动词, 在词尾直接加“ed”。如: work—worked, finish—finished;

② 以“e”结尾的动词, 只在词尾加“d”。如: like—liked, live—lived;

③ 以“辅音字母+y”结尾的动词, 将“y”变为“i”, 再加“ed”。如: study—studied, try—tried;

④ 重读闭音节结尾, 末尾只有一个辅音字母, 先双写该辅音字母, 再加“ed”。如: stop—stopped, drop—dropped。

(2) 不规则动词: 不规则动词需要个别记忆。如: see—saw, take—took, go—gone, be—been, read—read, write—wrote, buy—bought 等。



## 重难点句子分析

1. Have you entered a competition? 你曾经参加过比赛吗?

(1) enter 在这里意为“加入, 参加”, 也有表示“进入”的意思。如:

The students were talking loudly when the teacher entered the classroom. 当老师进教室的时候, 同学们正在大声地讲话。

(2) Have you ever + done...? 这个句型通常用来询问“你曾经做过某事吗? ”。如:

Have you ever eaten western food? 你曾经吃过西餐吗?

2. I sent her a DVD about China and she's watched it. 我送给她一张关于中国的 DVD, 她已经看过了。

(1) send 意为“送……”, 要表达“把某物送给某人”, 可以有两种表达方式: send sth. to sb. 或 send sb. sth. 如:

Sally sent me a box of chocolate. 莎丽送我一盒巧克力。

= Sally sent a box of chocolate to me.

但是当 sth. 由 it 或 them 充当时, 只能用 send sth. to sb. 这种表达方式。如:

正确: Can you send it to Daming? 你能把它送给大明吗?

错误: Can you send Daming it? 你能把它送给大明吗?

(2) she's watched it, 在这里 she's 是 she has 的缩略形式。

3. Take off from Beijing Capital Airport and land in London. 从北京首都机场起飞, 到伦敦着陆。

(1) take off 意为“起飞”, land 意为“着陆”。take off 也可以表示“脱下”。如:

Take off your coat, it's too hot outside. 把你的外套脱了吧, 外面太热了。

(2) capital 意为“首都”, the capital of... 意为“……的首都”。如:

London is the capital of England. 伦敦是英国的首都。

4. So they fly to different places for their holidays. 因此他们乘飞机去不同的地方度假。

(1) fly to... 意为“乘飞机去……”, 也可以用 go to... by plane 表示。如:

Jack will fly to New York next week. 杰克下周将乘飞机去纽约。

= Jack will go to New York by plane next week.

(2)different 意为“不同的”,different 所修饰的名词通常用复数;它的反义词是 same,意为“相同的”。如:

Daming and John have different hobbies. 大明和约翰有不同的爱好。

5. There's a lot to see and do there. 那儿有许多可以看,可以做的事。  
to see and do 是不定式作定语修饰 a lot, there be... to do 意为“有……将去做”。如:

There is much housework to do on Sundays. 礼拜天有很多家务活要做。

6. Wang Ming has been to a Liu Huan concert in Beijing with more than 2,000 people.  
王明曾经听过有 2000 多人参加的刘欢北京演唱会。

(1)more than 意为“多于,超过”,相当于 over。如:

There are over 50 students in our class. 我们班有五十几个学生。

(2)more than 的反义词是 less than 意为“不到,少于”。如:

I spent less than one hour getting to Hangzhou. 我花了不到一个小时就到了杭州。

7. There's only one thing I haven't done yet. 只有一件事情我还没有做。  
yet 意为“还”,通常用在否定句和疑问句中,在肯定句中要用 already。如:

I have already finished my homework. 我已经完成了家庭作业。

I haven't finished my homework yet. 我还没有完成家庭作业。



### 课文拓展

1. It sounds brilliant! 听起来好极了!

sound 意为“听起来”,是感官动词,其后跟上形容词构成系表结构。如:

Her voice sounds nice. 她的声音听起来很动听。

与 sound 用法相同的还有:look“看起来”,taste“尝起来”,smell“闻起来”,feel“感觉起来”。如:

The soup tastes delicious. 这个汤尝起来很美味。

Her new sweater feels soft. 她的新毛衣摸上去很柔软。

2. Han Li has been to San Francisco in the USA. 韩丽曾经去过美国的旧金山。

(1)have/has been to 意为“曾经去过某地,现在已经回来了”。如:

My father has been to Beijing. 我爸爸曾经去过北京。(强调现在人已经回来了)

(2)have/has been in 意为“一直住在某地”。如:

My father has been in Beijing for three years. 我爸爸在北京住了三年。(强调现在人在北京)

(3)have/has gone to 意为“去了某地,还没有回来”。如:

My father has gone to Beijing. 我爸爸去北京了。(强调人去北京了,不在本地,可能在路上,也可能已经到北京了)

3. ...has been to another city by train. ...曾经坐火车去另一个城市。

(1)another 意为“三者或三者以上再一,另一”。如:

I don't like this colour, can you give me another one? 我不喜欢这个颜色,能给我别的吗?

(2)the other 意为“两者中的另一”,通常跟 one 连用。one... the other... 意为“两者中