

ASEEDER

国际理科测评

说明文件

2026

加拿大物理测评 (CAP)

Instructions

Enrich Your Learning for Future

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考试日程

一、时间安排

考前准备		
时间	事项	相关网址及二维码
4月8日 18:00 - 4月11日 12:30	①信息查询 (扫描二维码, 登录微信小程序“阿思丹国际学术挑战”, 点击【我的报名】- 对应项目 - 【信息查询】, 查询重要考试信息: 考生账号和密码、 腾讯会议号 和密码等) 注: 模考与正式考试信息一致 点击 此链接 阅读在线监考知情书	
4月8日 18:00 - 4月11日 8:30	②在线模考 (测试考试电脑)	官网: https://www.seedasdan.asia/cap/ 点击右上角【考试入口】
4月9日 18:00 - 4月11日 8:30	③下载打印答题册	官网: https://www.seedasdan.asia/cap/ 点击右上角【答题册下载】
4月11日 8:30 - 4月11日 9:30	④设备调试 (调整手机监考设备位置)	【腾讯会议】中国大陆下载地址: https://meeting.tencent.com/mobile/ 【腾讯会议】非中国大陆下载地址: https://voovmeeting.com/mobile/

正式考试 (4月11日)

时间	事项
8:30	加入腾讯会议, 设备调试
9:00	登录考试系统, 进入开考倒计时页面
9:15	身份核验, 听从监考人员宣读考试规则
9:30-12:30	作答时间: 180 分钟
12:30-12:50	上传答题册: 20 分钟

成绩查询/证书下载: 结果将于活动结束后 6-8 周公布, 登录“阿思丹国际学术挑战”微信小程序【我的报名】- 点击对应项目-【成绩查询】/【证书下载】

Q&A

问：正式考试前我应该做些什么？

答：仔细阅读本文件和邮件 → 核对你的考试信息 → 参加模拟考试，测试电脑并熟悉考试系统 → 做好考前准备，按时参加正式考试。



在线模考及考试系统



监考设备调试

问：正式考试前我应该准备什么东西？

答：①**1台考试设备：仅支持笔记本电脑或台式电脑（不支持 Pad、手机或其他移动设备），摄像头可以正常使用；谷歌浏览器Google Chrome（推荐使用）、360浏览器、Microsoft Edge、火狐浏览器等均支持。（苹果电脑禁止使用 Safari 浏览器）。**

②**1台监考设备：使用手机全程进入腾讯会议，摄像头、麦克风可以正常使用**

***注意：电脑息屏，系统将会强制交卷。进入考试系统前，务必取消电脑自动息屏，或设置为最长息屏时间，考试过程中注意电脑屏幕状态，以免影响考试。**

问：我如何知晓我的考试信息（考试时间、账号等）？

答：登录微信小程序“阿思丹国际学术挑战”，点击【我的报名】- 对应项目 - 【信息查询】。获取包含考试时间、腾讯会议号、账号和密码的考试信息。

问：我可以在哪些地方考试？

答：选择安静、独立、光线充足、网络稳定的空间，**不允许**在图书馆、咖啡厅/餐厅、办公室等公共场所进行考试。

问：考试期间遇到问题我该怎么办？

答：请务必参加模考，避免设备问题影响考试。如考试中有其他问题请在腾讯会议联系监考老师。如因未参加模考导致的设备或网络等问题，ASEEDER 不接受此类申诉！

问：我何时能知晓考试结果？怎么查成绩？

答：考试结果将在考试后 6 - 8 周公布，具体时间以通知为准。考生可登录“阿思丹国际学术挑战”微信小程序 - 【我的报名】- 点击对应项目- 【成绩查询】及【证书下载】。

问：如果我在考试中作弊会怎样？

答：如果你有作弊行为，你的成绩将被取消，且你将被禁止参加 ASEEDER 组织的其他测评。

考试注意事项

1. 作答说明：9:30-12:30（180 分钟）。请在答题册上准确填写本人姓名、学校和考生账号，否则考试成绩无效；请将**选择题**答案在考试系统中作答提交；请考生务必使用**黑色或蓝色签字笔**，将**解答题**全部答案**标清题号**写在**答题册正面、英文作答**；答题过程中，请保持答题册不折叠、不破损，否则均视为无效答案；**答题过程中，请保持考试系统页面不息屏，否则会导致试卷自动交卷。**

2. 答题册上传说明：

方法一：请用手机下载“扫描全能王”APP，打开扫描全能王，点击“拍照”再点击“连续拍摄”。

方法二：苹果手机扫描方法：苹果手机打开系统自带的“备忘录”App，新建一个备忘录，然后点击键盘上方的“相机”图标，选择“扫描文稿”。在被扫描的文稿区域里点击一下扫描的文稿最后一页，点击右上角“分享”，分享到微信，重命名保存并上传。

要求：①所有答题页按顺序拍照扫描；②合成一个不大于 20M 的 PDF，命名为“考生账号+姓名拼音”（例如：012345ZHANGXIAOMING）。

点击交卷后，跳转到上传答题册界面，手动点击跳转到答案提交表单；如果没有跳转，考试结束后 20 分钟内，进入测评官网：<https://www.seedasdan.asia/cap/> 点击右上角按钮【答题册上传】，提交 PDF 文件。仅有一次答案提交机会，请考生**完整提交答案**。答案上传期间，所有关于答案上传的问题需在监考会议内联系监考老师解决，**考生可最小化会议，但不能退出。点击 [答题册扫描及上传教程](#) 查看图文教程**

3. 时间节点说明：

考前 1 小时加入腾讯会议进行监考设备调试；

考前 30 分钟登录线上考试系统；

考试开始，系统自动开始倒计时；

考试开始15分钟后，任何考生不得登录考试系统参加考试；本次考试允许提前交卷。

考试结束前，考生不得擅自退出考试系统和监考会议；

考试时间结束，系统自动结束答题页面。

4. 考前准备物品

(1) 可携带物品：

- 有效身份证件（身份证/护照/户口本/学生证）；
- 用于考试的黑色或蓝色签字笔、空白草稿纸；
- 无编程计算器；
- 提前打印的答题册。

(2) 严禁携带物品：

- 智能手表、移动电话或其他电子设备；
- 除考试允许使用的文具以外的任何物品。

考生行为规范（请认真阅读）

为确保在线考试的公平公正，考试过程中考试系统实时抓拍、腾讯会议全程视频录制、第三方录屏软件全程视频录像三重防作弊监考。请各位考生严格遵守在线考试规则，共同维护公平公正的考试环境。

● 考试期间，如出现（包括但不限于）以下行为，**均被视为违规作弊行为**：

1. 考生不开启考试设备及监考设备摄像头、摄像头黑屏超过 5 分钟、故意遮挡摄像头，影响正常监控画面拍摄、故意遮挡面部、手部、桌面、电脑画面；
2. 考生频繁、大幅度变换身体位置和姿势，随意离座，未经许可离开监考设备及考试系统监考画面；
3. 考生须在安静且无任何干扰的房间内独立完成考试，确保考生周围不出现任何人，考试环境不允许是公共场合，机构教室或机构老师办公室等；
4. 他人身旁指导、替考、与他人交流（说话）等；
5. 考生翻阅书籍、笔记，查询资料、夹带、旁窥、抄袭等；
6. 考生使用手机等电子设备，通过手机电话连线语音咨询，通过微信、QQ 等聊天软件咨询他人等；
7. 异地登录、异常 IP 地址登录或多设备同时登录考试系统；
8. 开启安全卫士、电脑管家或各类通讯软件，具有投屏功能的软件，直播功能的软件（如乐播），远程协作工具（如向日葵、Teamview），使用海外 IP 和网络的代理程序及 VPN 程序等，弹窗、使用浏览器自带翻译等；
9. 其他任何影响考试公平性行为。

● 违规作弊行为处理办法：

1. 考生出现任何违规作弊行为，考试成绩无效；
2. 情节严重者将被划入考生黑名单，永久禁止参加 ASEEDER 组织的各项测评及活动；
3. 违规作弊行为将被通报给所在学校，以及包括牛剑在内的各大名校。

● 参与买卖题目和答案属于**违法行为**，ASEEDER 有权追究法律责任。

● 为共同维护公平公正的考试环境，ASEEDER 鼓励考生匿名举报一切违规行为，并将密切调查和严肃处理所有真实准确的举报。

● ASEEDER 有权核查极度雷同答案或明显不符合考试水平的成绩，考生须配合提供近学期国际课程（例如：AP、IB 和 A-level）成绩单并加盖学校公章。

微信答疑服务

各位考生/家长请扫码咨询 ASEEDER STEM 客服。点击【转人工 (Manual Service)】按钮，提示已接入人工服务后，可联系 ASEEDER STEM 老师，在考试前和期间为家长进行答疑（考试期间请勿使用监考手机联系负责老师）。



【更多项目资讯可关注阿思丹国际学术挑战】



阿思丹香港 (ASEEDER)

2026 年 4 月

ASEEDER

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ASEEDER

ASEEDER STEM Challenges Guidance

2026
CAP Prize Exam

Instructions

Enrich Your Learning for Future

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Part 1: Exam Instructions

I. Schedule

Preparation before the Formal Exam

Time	To Do List	Website & QR code
18:00 Apr. 8 - 12:30 Apr. 11	<p>① Access your Exam Information</p> <p>(Log into the WeChat Mini Program “ASEEDER LIMITED”, click on 【 My registration 】 - Corresponding Program - 【 Information Inquiry 】 , including important exam information: account number and password, Tencent Meeting(VooV) meeting ID and password, etc)</p> <p>*The mock exam is consistent with the formal exam information Click this link and read the Permission Slip</p>	
18:00 Apr. 8 - 8:30 Apr. 11	<p>② Take the Online Mock Exam</p> <p>(Test on the same computer you will be taking)</p>	<p>Mock Exam : https://www.seedasdan.asia/en/cap-en/ Click on the upper right corner button 【 Exam Entry 】</p>
18:00 Apr. 9 - 8:30 Apr. 11	<p>③ Download and Print Answer Booklet</p>	<p>Answer Booklet: https://www.seedasdan.asia/en/cap-en/ Click on the upper right corner button 【 Download Answer Booklet 】</p>
8:30 Apr. 11 - 9:30 Apr. 11	<p>④ Preset Camera Position</p> <p>(Adjust the position of the proctoring device)</p>	<p>【 Tencent Meeting 】 Download (for China mainland): https://meeting.tencent.com/mobile/ 【 VooV 】 Download (for other area): https://voovmeeting.com/mobile/</p>

Formal Exam (Apr. 11)

Time	Items
8:30	Join the Tencent Meeting (VooV) , and Preset Camera Position
9:00	Log into the Exam System, and Enter the Countdown Interface
9:15	Verify Identity and Listen to the Exam Rules
9:30-12:30	Exam Time: 180 mins
12:30-12:50	Upload Answer Booklet: 20 mins

Score Inquiry/Certificate Download: 6-8 weeks after official exam, log in to WeChat Mini Program “ASEEDER LIMITED ” , **【 My Registration 】** then click on the corresponding Program - **【 Score Inquiry 】** / **【 Certificate Download 】**

II.Q&A

Q: What should I do before the formal exam?

A:

- ① Read this document thoroughly.
- ② Check your exam information.
- ③ Take mock exam to test the computer and get familiar with exam system.
- ④ Relax yourself and take the formal exam on time.



Mock Exam & Exam System Instructions



Requirement of Proctoring Device

Q: What should I prepare before the official exam?

A:

Accessing exam: Computer or laptop with a working camera and microphone (**Pads, mobile phones, or other mobile devices are not supported**); The latest version of Google Chrome browser is recommend. Additionally, Microsoft Edge, 360 Browser, Mozilla Firefox and other compatible browsers are also supported. **(DO NOT use Safari on Mac!)**

Proctoring: Mobile Phone with a working camera and microphone; Download Tencent Meeting(VooV) in advance.

***If the computer screen goes to sleep, the system will automatically submit the exam. Before accessing the exam system, make sure to disable the automatic sleep mode or set it to the longest sleep duration. During the exam, pay attention to the computer screen status to ensure a smooth completion of the exam.**

For Tencent Meeting&VooV:

- ①Users with a Mainland China mobile number: please use Tencent Meeting (the local Chinese version).
- ②Users with a non-Mainland China number: please use VooV (the international version).

Q: How do I know my exam information? (exam time, account number etc.)

A: Log into the Wechat Mini Program "ASEEDER LIMITED", click on **【My registration】** - Corresponding Program - **【Information Inquiry】**, including important exam information: account number and password, Tencent Meeting(VooV) meeting ID and password, etc.

Q: Where can I take the exam?

A: Take the exam in a quiet, private space with ample lighting and stable internet connectivity. Public places such as libraries, cafes, or offices are not allowed.

Q: What should I do if I meet technical problems during the exam?

A: Please be sure to take the mock exam to prevent any device issues from affecting your formal exam. If you encounter any problems during the exam, please contact with your proctor **immediately!!!** Your problem can be solved in time. **DO NOT** report your problem after the exam. ASEEDER will not accept any appeals due to your own problem after the competition.

Q: When can I know the competition result?

A: 6-8 weeks after official exam, log in to Wechat Mini Program "ASEEDER LIMITED", **【My Registration】** then click on the corresponding Program - **【Score Inquiry】** / **【Certificate Download】**

Q: What will happen if I cheat during the exam?

A: If you have cheating behaviors, your competition result will be canceled and you will be forbidden to participate other competitions organized by ASEEDER.

III. Important Notes

1. Answering: 9:30-12:30 (180 mins); Please fill in your Name, School and Account Number on the answer booklet, otherwise the result will be invalid; Please submit all **multiple-choice** answers in the exam system; Please do use a **black or blue pen** to write down the answers of **proof based problems on the answer booklet only in English with question numbers clearly marked**; **During the answering process, please always keep the screen on, otherwise the system will be ended automatically.**

2. Important timestamp:

Join in the Tencent Meeting 1 hour before the exam and Preset Camera Position.

Log in exam system 30 minutes before the beginning of exam;

Exam will start on time;

Examinees are not allowed to log into the exam system 15 minutes after the start of the exam, and are allowed to submit answers before the exam ends.

When the time is up, the exam system will automatically end the contest.

3. Uploading Answer Booklet:

Method 1: Use your mobile phone to download the “CamScanner”, click on “Scan Docs with CamScanner”- “Batch” .

Method 2: Scanning method for iPhone: Open the “Notes”, create a new note and click on the "camera" icon at the top of the keyboard, select ‘Scan Documents’, save and click on the 'share icon' in the top right corner to share to WeChat, rename and upload the PDF.

Note: ① **All answer pages** should be photographed and scanned in sequence; ② Synthesize the file into a PDF which is no more than 20M and name it as "Account Number+ Name" (for example: 123456ZHANGXIAOMING).

After finishing the exam, click “submission”, answer booklet uploading page will show up. Then click “Uploading Answer booklet”. Or you can click the button **【 Upload Answer booklet 】** on the upper right corner of official website: <https://www.seedasdan.asia/en/cap-en/>, and submit the PDF file within 20 minutes after the end of the exam. **Please submit all your answer as you have only one chance for submission.** You are supposed to be under proctored and cannot leave the Tencent Meeting (VooV) when you submit answers.

Click [Guidance for scanning and uploading answer booklets](#) to view the picture guidance

4. Item Preparation:

(1) Items allowed to bring:

- ID card/passport/household register/student card;
- Black or blue pens, blank scratch paper;
- A non-programmable calculator;
- Printed answer booklet.

(2) Items **NOT allowed** to bring:

- Smart watches, mobile phones or other electronic equipment;
- Any item except stationery allowed for the exam.

IV. Examination Code of Conduct (please read carefully)

To ensure justice and equity, the behaviors of all examinees will be caught automatically in the exam system, recorded in Tencent Meeting(VooV) and in another screen recording application. Please strictly obey the examination code of conduct, and commonly maintain a fair environment of examination.

- During the exam, the following behaviors (including but not Limited to) will be considered as **cheating violations**:
 1. Turn off camera, leave proctoring without permission, disconnect more than 5 minutes, intentionally block the camera, interfere with normal monitoring screen shooting, intentionally block your face, hands, desk, or computer screen;
 2. Change your body position or posture frequently or drastically, leave your seat without permission and go out of the monitoring range;
 3. Candidates must complete the exam independently in a quiet and undisturbed room as the recording will be on throughout the entire process. Taking the exam in public places, institution classrooms, or teachers' offices is not allowed.
 4. Hire others to take the exam in your stead, acquire guidance from others around, or communicate/speak with others;
 5. Search any written or printed materials unless expressly permitted;
 6. Search online through any mobile device, communicate with others by oral, electronic or written means;
 7. Log in the exam system from different locations, abnormal IP addresses, or different devices at the same time;
 8. Use kinds of communication software, especially software with screen casting function, screen live streaming function (e.g. LeCast), and remote collaboration tools (e.g. Sunflower, Teamview), network proxy programs and VPN programs using overseas IPs and networks, etc.;
 9. Any other behaviors that break the fairness of the exam.
- Punishment Measures for cheating violations:
 1. Any cheating violations by the candidate will result in the invalidation of the exam score;
 2. In cases of severe misconduct, the individual will be placed on the candidate blacklist and permanently banned from participating in any assessments or activities organized by ASEEDER.
 3. Cheating violations will be reported to the candidate's school and to prestigious universities, including Oxford and Cambridge.
- Buying and selling of exam questions and answers is **illegal**, and ASEEDER reserves the right to pursue legal action;
- In order to maintain a fair exam environment, ASEEDER encourages students to report all violations anonymously, and will investigate and seriously deal with all reports.
- ASEEDER reserves the right to verify results that are extremely similar in answers or that are inconsistent with your usual academic performance by providing transcripts of recent semester international courses (e.g. AP, IB and A-levels) with the official seal of the school.

Part 2: WeChat Q&A Service

Candidates / parents can scan the QR Code and then click 【转人工 (Manual Service) 】 to contact ASEEDER STEM consultant, who will answer questions before and during the exam (do not contact with consultants on the proctoring phone during the exam).



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April, 2026

ASEEDER

Beijing: Room 9-6, Tower A, SOHO Phase II, Guanghua Road, Chaoyang District

Shanghai: Room 1702, Building 2, Kaide Guozheng Center, No. 489 Zhengli Road, Yangpu District, Shanghai

Shenzhen: 2712-2713, 27th Floor, Baoshan Times Building, Longhua District

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