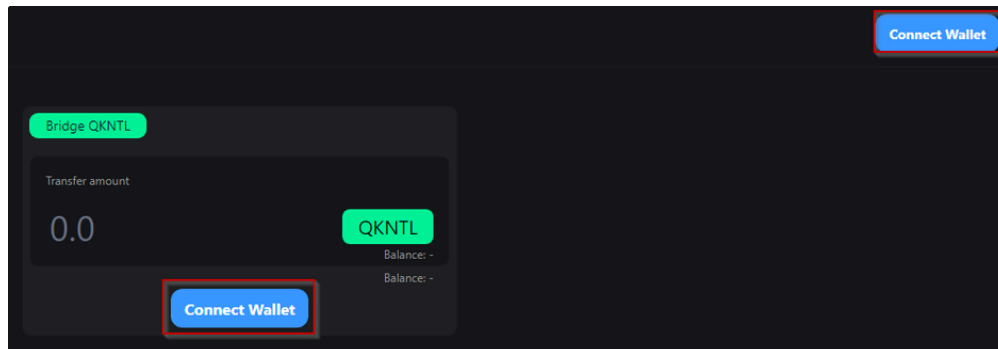


# How To Bridge QKNTL Tokens

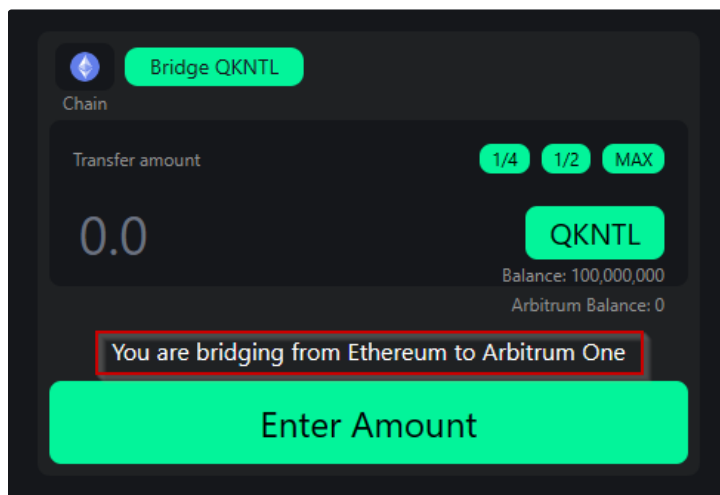
This article walks through the steps needed to take to bridge your QKNTL tokens to and from Ethereum Chain and Arbitrum One.

## Instructions

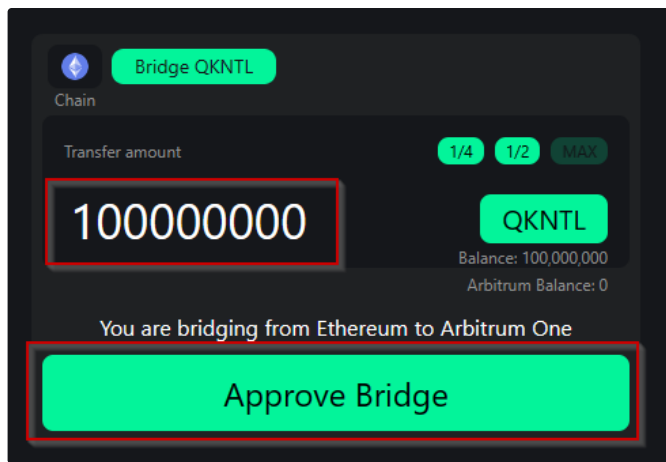
1. Navigate to the bridge section with the Quick Intel dApp.
  - a. <https://app.quickintel.io/swap>
2. Ensure the wallet you hold your QKNTL tokens in is connected and you are connected to the Ethereum Mainnet or Arbitrum One.



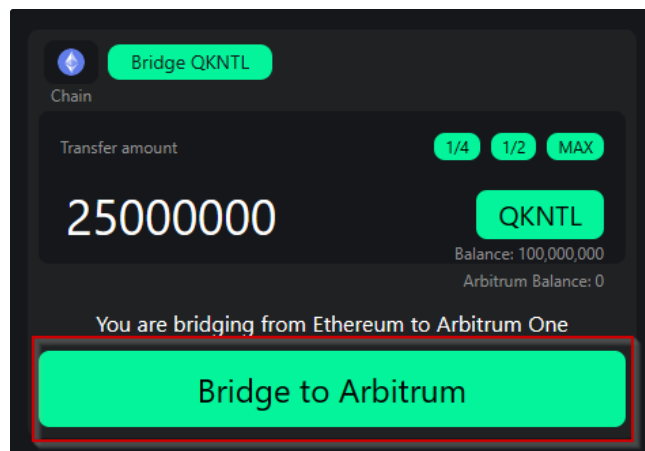
3. After connecting your wallet, ensure you are bridging from the correct chain. In this example we are bridging from Ethereum to Arbitrum One.



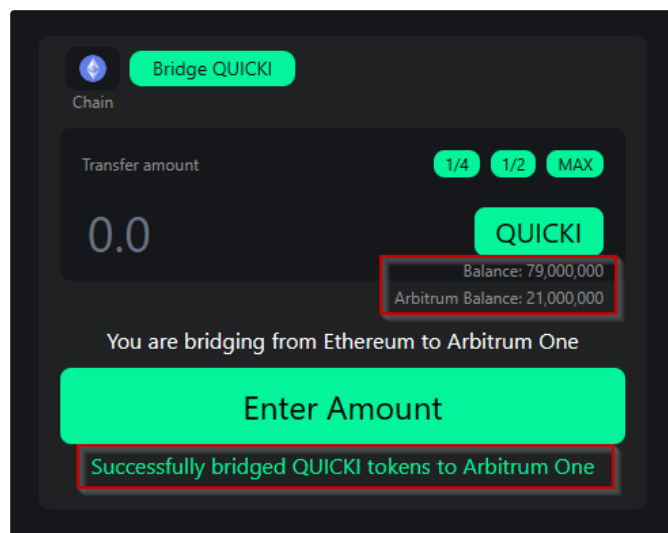
4. Enter the amount you would like to bridge.
5. When bridging from Ethereum to Arbitrum One, you will need to perform an Approval transaction first. This step is not needed when bridging from Arbitrum One back to Ethereum Mainnet.



6. After the approval transaction has been completed (if needed), select Bridge to selected chain, and approve the transaction.



7. Once the transaction has been completed, after a few seconds your balance will be updated, reflecting your bridged assets. Congratulations, you have successfully bridged your QUICKI tokens!



**Note:** Bridge times and gas fees will vary depending on network activity. Bridge times usually take anywhere from 30-90 seconds.