

Hello, I wanted to learn about Arbitrum, so I bridged some QNT tokens and RNDR tokens from Ethereum network to Arbitrum network... The problem is when I try to swap in Arbitrum (in Uniswap) from 1 QNT to USDC I will only get approx 88 USDC - but 1 QNT is worth approx 140 USDC.

Also, when I try to swap my RNDR tokens to USDC I get this message: "Insufficient liquidity for this trade."

I also tried the <https://bridge.arbitrum.io/> but seems not possible to bridge QNT and RNDR back to Ethereum network...

Any help would be very much appreciated.