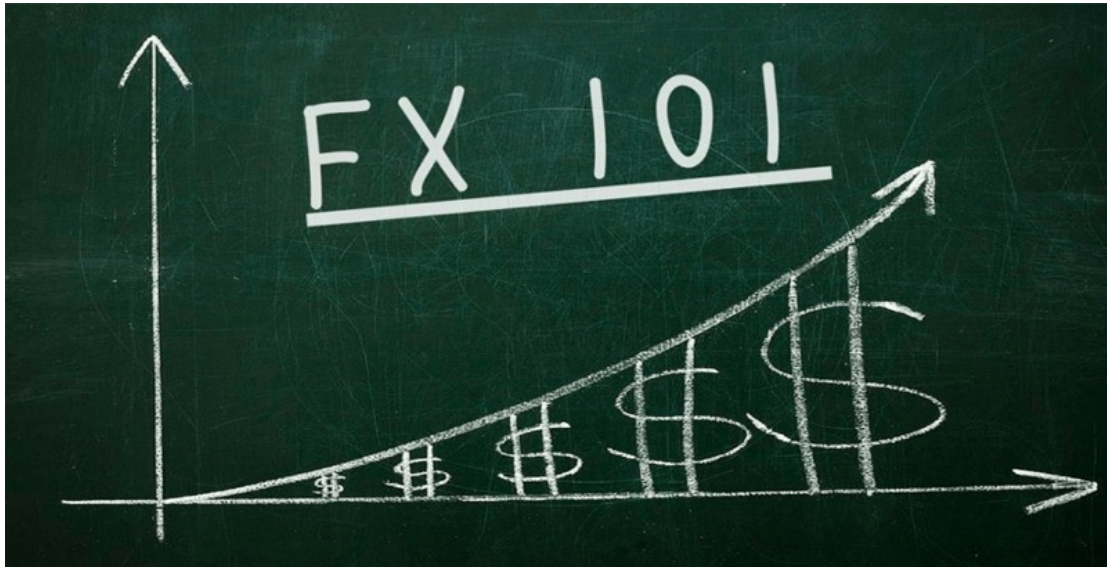


This week at *theCurrent* we travelled to Bahrain, looked at some popular trades, decided how much we wanted to spend, and more!



FX101: 5 Most Traded Currencies

With so many countries and currencies, the world of foreign exchange can sometimes get a little confusing. That's why we have FX101 to clear things up! This time we're taking a look at the most popular currencies on the FX market. Find out the top 5 [HERE](#).

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The Continental Cost Guide

Since *theCurrent* began we've released over 100 Travel Guides...but how do you know which destinations fit into your budget? That's why we have 'The Continental Cost Guide' to help you separate the cheap from the luxurious. See where you can save or spend [HERE](#).

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Country of the Week: Bahrain

This week we took a trip to the Gulf country of Bahrain. Though small compared to its neighbours, Bahrain delights with an understated elegance. Learn about its [history and culture](#), [best travel destinations](#), and [currency](#).

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HEADLINES



Headlines

Every week here at *theCurrent* we bring you the world's biggest business, currency, and travel stories. This week: cabin crews, Canadian jobs, and more [HERE](#).

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Rate Tracker

Each week we release a special Rate Tracker that breaks down the CAD over the last little bit. Check *theCurrent* soon for a new edition, but for now you can enjoy our Rate Tracker for the week ending February 3 [HERE](#).

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Continental's Countries



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