Price impact refers to the negative impact that your trade would have in the market if you effectuate the trade. It depends on how deep the liquidity pool of the assets is, and how much money you're swapping.

If the LP isn't deep enough, your trade will have a bigger price impact, affecting the LP negatively, because it always has to be balanced, this could result in you losing money.

Even if the LP is deep, if you're swapping a lot of money, it will have a big price impact.

Generally you wouldn't want to swap big amounts of two pairs that don't have deep LP.

Pairs of stablecoins and large cap coins have more LP, so you can swap higher amounts.

If you're swapping a low cap token or a shitcoin, it won't have a deep LP, so there's higher risk when you conduct these trades (in terms of you losing money)

Bridge

A bridge is a protocol built with the help of smart contracts that allows users to switch their assets from one network to another.

There are cross-chain bridges and native bridges.

Native bridges generally only let you bridge from mainnet to a specific network.

Cross-chain bridges give you more flexibility because you can choose almost all networks to bridge from and bridge to.

Some examples are Synapse, Stargate and Orbiter.

They charge a fee to do the bridging, and require a minimum amount of money to bridge (you can't bridge one cent)

In some protocols you can add gas on destination to the network you're using. Example in which this could be useful:

-You're bridging BTC.b from Arbitrum to Aptos, but as this isn't the native token in Aptos chain, you won't be able to do transactions, so you put gas on destination as well.