

Quizam Media Corporation

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Quizam Grants Options to Directors and Employees

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November 21st, 2018 Vancouver, BC – Quizam Media Corporation (“the Company”) (CSE -: QQ) announces that it has granted incentive stock options to purchase a total of 1,930,000 shares of the Company's capital stock to its directors and employees.

These options will have a 36 month term, exercisable up to November 20th, 2021 at an exercise price of \$0.20 per share for 100,000 of them and the balance (1,830,000) are exercisable at \$0.28 per share.

All stock options and any shares issued on the exercise of stock options will be subject to a four month hold period expiring March 21st, 2019.

Russ Rossi, President of Quizam, commented, “Options help to motivate the Team as the company experience more and more success.”

The stock options are subject to the terms of the Company’s stock option plan and regulatory approval.

About ontracktv.com

ontrackTV is a wholly owned subsidiary of QUIZAM Media Corporation. ontrackTV uses high quality video and live instructors to deliver computer and Cannabis training online. Easy to follow lessons are structured into a library of hundreds of bite size, task led tutorials that support individuals with the training they need wherever and whenever they need it.

The CSE has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and nature of potential acquisitions, joint ventures, partnerships, business dealings and financings, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements. Readers are cautioned not to place undue reliance on the forward-looking statements made in this Press Release.