WHAT IS MINE IS YOURS

Forex Sessions, News & Volatility

Understand when market conditions change

Educational notice
This guide is for general education only. It is not financial, investment, legal or tax advice, nor a recommendation to buy or sell any instrument. Forex and leveraged products are high risk; you can lose some or all of your capital. Practise on demo, verify broker specifications and never risk money needed for essentials.

Sessions

Forex activity is often grouped around Sydney, Tokyo, London and New York. Session times shift with daylight-saving changes. Use a current calendar or broker clock rather than memorising fixed South African times.

Volatility and liquidity

Volatility measures price movement; liquidity concerns how easily trades execute without large price impact. Spreads can widen around rollover, holidays, thin markets and major announcements.

Economic calendar

Important releases include inflation, employment, interest-rate decisions, GDP and central-bank statements. Calendars show expected time, previous value, consensus and actual value. Revisions and expectations can matter as much as the headline.

News risk

News can cause rapid moves, spread widening, slippage and gaps. Stops may execute worse than requested. Read broker rules and consider avoiding new positions immediately before major releases until you understand execution risk.

Rollover and swaps

Positions held overnight may incur financing charges or credits. Rates and triple-swap days depend on broker and instrument. Check the contract specification and account history.

Practice

For two weeks, record spread and candle range at different times for one major pair. Compare normal sessions, rollover and scheduled news. Use the observations to understand changing conditions.

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