

Finding the Best Forex Trading Session for Your Time Zone (Kigali, Rwanda - GMT+2)

Forex operates **24 hours a day, five days a week**, but it is divided into **four major trading sessions**:

Trading Session	Open (GMT)	Close (GMT)
Sydney	22:00	07:00
Tokyo (Asian)	00:00	09:00
London (European)	08:00	17:00
New York (American)	13:00	22:00

Best Trading Session for Kigali (GMT+2)

- The best time for trading in Rwanda (Kigali) is during the **London & New York overlap** (15:00 - 19:00 local time).
 - This is when the market has the **highest volatility and liquidity** since London and New York are the two biggest trading centers.
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Most Volatile Currency Pairs per Session

1. Asian Session (Tokyo) (00:00 – 09:00 GMT)

- **USD/JPY** ☐ (Highly volatile)
- **EUR/JPY** ☐
- **AUD/JPY**
- **NZD/JPY**

☐ The **JPY pairs** are the most active because Tokyo is a major financial hub.

2. European Session (London) (08:00 – 17:00 GMT)

- **EUR/USD** ☐ (Most traded pair)
- **GBP/USD** ☐
- **USD/CHF**
- **EUR/GBP**

☐ **London is the largest forex market**, and most **EUR & GBP pairs** move significantly.

3. American Session (New York) (13:00 – 22:00 GMT)

- **EUR/USD** ☐
- **GBP/USD** ☐
- **USD/CAD**
- **USD/JPY**

☐ **The New York session overlaps with London (13:00 – 17:00 GMT), creating high volatility, especially for USD-related pairs.**

4. Sydney Session (22:00 – 07:00 GMT)

- **AUD/USD**
- **NZD/USD**
- **AUD/JPY**

☐ **AUD and NZD pairs** are active since Australia & New Zealand markets are open.

Conclusion

For **Kigali (GMT+2)**, the best time to trade is:

- **15:00 – 19:00 local time** (During the London & New York overlap).
- Trade **EUR/USD, GBP/USD, and USD/JPY** for the highest volatility.