

2026 年 7 月 30 日

匯市及商品市場速遞

美聯儲如預期維持利率不變後，美元週三全綫下跌。這一決定可能令市場對美聯儲主席實現 2% 通脹承諾的質疑。美聯儲決策層認為，自去年 12 月維持至今的利率水平已足夠抑制非暫時性通脹。匯市整體波動加劇，歐羅上揚 0.71% 至 1.1467；英鎊反彈 0.56% 至 1.3365，暫遠離 7 月 1 日以來最低水平。日圓上漲 0.25% 至 163.44，仍接近 40 年低位。澳洲第二季度通脹意外疲軟，一度拖累澳元跌至 0.6923，隨後跌幅收窄至 0.27%，報 0.6955；紐元延續上日強勢，攀升 0.17% 報 0.5797。油價反彈，支撐加元上漲 0.44% 至 1.4049。美聯儲按兵不動，黃金維持區間震盪，金價反覆後上升近 1% 報 4066 美元。

今日外幣評論：英鎊兌美元

英鎊週三從近四週低點反彈，遠離 7 月 1 日以來的最低水平。儘管中東戰事升級，投資者仍聚焦英國央行週四將公佈政策決定。市場普遍預期 BOE 維持利率不變，這適逢英國政治氣候關鍵時期。新任首相伯納姆承諾重塑國內政治，並將遵守上屆政府財政規則，但會尋求靈活性空間。市場對英國財政約束的廣泛猜測，預計今年將再次出現，這往往形成英鎊的負面動能。初步估計上方阻力位首在 1.3483 美元，其次 1.3558 水平，下方支持位則在 1.3277 美元，其次 1.3191 水平。



資料來源：路透

美元兌主要貨幣技術分析

	阻力位 2	阻力位 1	現價	支持位 1	支持位 2	走勢
歐羅兌美元	1.2081	1.1907	1.1468	1.1266	1.1095	盤整
美元兌日圓	166.45	164.65	163.45	157.30	155.04	上升
英鎊兌美元	1.3869	1.3680	1.3366	1.3080	1.2896	下跌
美元兌瑞郎	0.8451	0.8250	0.8135	0.7553	0.7458	上升
澳元兌美元	0.7468	0.7366	0.6955	0.6717	0.6493	盤整
紐元兌美元	0.6174	0.6093	0.5796	0.5620	0.5486	盤整
美元兌加元	1.4503	1.4350	1.4048	1.3849	1.3463	回軟
美元兌 CNH	6.9140	6.8719	6.7605	6.7376	6.6960	膠著

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主要貨幣利率

貨幣	下次議息結果日期	時間	上次利率	實際利率	市場預測
美元	09月16日	02:00	3.50-3.75%	3.50-3.75%	3.75-4.00%
歐羅	09月10日	20:15	2.25%	2.25%	2.25%
瑞郎	09月24日	15:30	0%	0%	0%
英鎊	07月30日	19:00	3.75%	3.75%	3.75%
日元	07月31日	11:00	1.00%	1.00%	1.00%
澳元	08月11日	12:30	4.35%	4.35%	4.35%
紐元	09月02日	10:00	2.50%	2.50%	2.75%
加元	09月02日	21:45	2.25%	2.25%	2.25%

資料來源：路透

上日重要經濟數據公佈結果

日期及時間	地區	數據及事項	市場預測	上次	實際
07月29日 09:30	澳洲	消費物價指數(同比)(6月)	4%	4%	3.8%
07月30日 02:00	美國	美聯儲利率決議	3.75%	3.75%	3.75%

資料來源：路透

[illegible]

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