FINANSTILSYNET
THE FINANCIAL SUPERVISORY
AUTHORITY OF NORWAY

		•
The person liable:		
PDMR	Closely associated person person)	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØS	5VIG
First name	KIM	
Business name		
About PDMR		
Last name	VINDHEIM	
First name	IVAN	
Position / role	CEO	
Initial notification	or amendment to prior notific	ation
Initial	Amendment	
<u> </u>	O Tantanione	
Details about the is	suer or emission allowance ma	arket participant
Business name	Mowi ASA	



Description of the financial instrum	ent/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 20 receive shares for a price of NOK 225.0	118 at an exercise price of NOK 157.53. Subsequent sale of rights to 00.
Nature of the transaction	
Transaction type	Entering into equity swap
Share option program	
The transaction is linked to an excersise	e of a share option program • Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	67.47
Volume	113 068
Aggregated information	
Average price per unit	67.47000
Aggregated volume	113 068
Total amount	7 628 697.960000
Date of the transaction	
Date	6/22/2022
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	

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Closely associated person (natural person) Info about the one who reports Last name First name Business name OALAND First name Position / role Initial notification or amendment to prior notification Initial about the issuer or emission allowance market participant Mowi ASA Closely associated person (Natural person) Info about the one who reports KIM OALAND First name OALAND For participant Mowi ASA				The person liable:
Last name First name Business name About PDMR Last name First name OALAND First name ØYVIND Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA	issociated person (legal			PDMR
First name Business name About PDMR Last name OALAND First name ØYVIND Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA			e who reports	Info about the one wh
Business name About PDMR Last name OALAND First name ØYVIND Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA		DØSVIG	GA	Last name
About PDMR Last name OALAND First name ØYVIND Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA			KIN	First name
Last name First name Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA				Business name
Last name First name Position / role COO Farming Norway Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA				
First name Position / role COO Farming Norway Initial notification or amendment to prior notification Initial				About PDMR
Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Mowi ASA			OAL	Last name
Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA			ØY	First name
Initial		ning Norway	COC	Position / role
Initial				
Details about the issuer or emission allowance market participant Business name Mowi ASA		otification	n or amendment to pr	Initial notification or
Business name Mowi ASA			O Amendmer	Initial
Business name Mowi ASA		e market participant	ssuer or emission allo	Details about the issue
		ASA		Business name
LEI number 549300W10GQF5LZIH349				LEI number



	Financial instrument linked to a share	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in receive shares for a price of NOK 22	2018 at an exercise price of NOK 157.53. Su 5.00.	bsequent sale of rights to
Nature of the transaction		
Transaction type	Entering into equity swap	
Share option program		
The transaction is linked to an excert	sise of a share option program	YesNo
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	67.47	
Volume	28 267	
Aggregated information		
Average price per unit	67.47000	
Aggregated volume		
Total amount	28 267	
lotal amount	1 907 174.490000	
Date of the transaction		
Date	6/22/2022	
DI CII I		
Place of the transaction Trading venue	XOSL - Oslo Børs	

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The person liable:		
PDMR	Closely associated person)	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG	DØSVIG
First name	KIM	
Business name		
About PDMR		
Last name	Hadfield	
First name	Ben	
Position / role	COO Farm	ing Scotland, Ireland, Faroes & Canada East
Initial notification	or amendment to prior no	tification
Initial	Amendment	
Details about the is	suer or emission allowance	e market participant
Business name	Mowi A	ASA



Description of the financial instrumer	nt/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2018 receive shares for a price of NOK 225.00	8 at an exercise price of NOK 157.53. Subsequent sale of rights to .
Nature of the transaction	
Transaction type	Entering into equity swap
Share option program	
The transaction is linked to an excersise	of a share option program Yes No
Common on of the two sections	
Currency of the transaction Currency	Nov
Currency	NOK
Price(s) and volume(s)	
Price per unit	67.47
Volume	97 310
Aggregated information	
Average price per unit	67.47000
Aggregated volume	97 310
Total amount	6 565 505.700000
Date of the transaction	
Date	6/22/2022
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	
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	r
The person liable:	
PDMR	Closely associated person (natural person) Closely associated person (legal person)
Info about the one	who reports
Last name	GALTUNG DØSVIG
First name	KIM
Business name	
About PDMR	
Last name	Villarroel
First name	Fernando
Position / role	COO Farming Americas
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA
Dabiness name	



Instrument		
	Financial instrument linked to a share	e or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in 20 receive shares for a price of NOK 225.0	018 at an exercise price of NOK 157.53. Su	bsequent sale of rights to
Nature of the transaction		
Transaction type	Entering into equity swap	
Share option program		
The transaction is linked to an excersis	se of a share option program	YesNo
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	67.47	
Volume	50 881	
Aggregated information		
Average price per unit	67.47000	
Aggregated volume	50 881	
Total amount	3 432 941.070000	
Date of the transaction		
Date	6/22/2022	
Place of the transaction		

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The person liable:			
PDMR	Closely association person)	ted person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GAL	TUNG DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	Villa	rroel	
First name	Fern	ando	
Position / role	coo	Farming Americas	
Initial notification	or amendment to pric	or notification	
Initial	Amendment		
<u> </u>	7 Amendment		
Details about the is:	suer or emission allo	wance market participa	nt
	-		
Business name	1	Mowi ASA	

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Instrument	Share		
ISIN code	NO0003054108		
Name of the financial instrument	•		
Nature of the transaction			
Transaction type	Acquisition		
Change and the same areas			
Share option program		~ v	O N
The transaction is linked to an exc	ersise of a share option program	Yes	O No
Currency of the transaction			
Currency	NOK		
Price(s) and volume(s)			
Price per unit	225		
Volume	5 000		
Aggregated information			
Average price per unit	225.00000		
Aggregated volume	5 000		
Total amount	1 125 000.000000		
Date of the transaction			
Date	6/22/2022		
Place of the transaction	XOSL - Oslo Børs		

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The person liable:		
PDMR	Closely associated person (natural person)	Closely associated person (legal person)
Info about the one	e who reports	
Last name	GALTUNG DØSVIG	
First name	KIM	
Business name		
About PDMR		
Last name	BRATTVOLL	
First name	OLA NILSEN	
Position / role	COO Sales & Marketing	
Initial notification	n or amendment to prior notification	
Initial	Amendment	
Tillual	Amendment	
Details about the is	ssuer or emission allowance market partici	ipant
ь .	Mowi ASA	
Business name	MOWI ASA	



Description of the financial instrument	t/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Exercise of share options granted in 2018 receive shares for a price of NOK 225.00.	at an exercise price of NOK 157.53. Subsequent sale of rights to
Nature of the transaction	
Transaction type	Entering into equity swap
Share option program	
The transaction is linked to an excersise of	of a share option program • Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	67.47
Volume	80 005
Aggregated information	
Average price per unit	67.47000
Aggregated volume	80 005
Total amount	5 397 937.350000
Date of the transaction	3 337 337 1333333
Date of the transaction	6/22/2022
	10, -2, -022
Place of the transaction	
Trading venue	XOSL - Oslo Børs
Comment	

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The person liable:			
PDMR	Closely associa person)	ated person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GA	LTUNG DØSVIG	
First name	KIN	1	
Business name			
About PDMR			
Last name	RII	SE	
First name	ANI	NE LORGEN	
Position / role	Chi	ef HR Officer	
Initial notification	or amendment to pr	ior notification	
Initial	Amendmer		
<u> </u>	7		
Details about the is:	suer or emission allo	wance market particip	ant
Business name		Mowi ASA	



Instrument		
2110th difficility	Financial instrument linked to a share of	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Exercise of share options granted in 20 receive shares for a price of NOK 225.	018 at an exercise price of NOK 157.53. Subs	sequent sale of rights to
Nature of the transaction		
Transaction type	Entering into equity swap	
Share option program		
The transaction is linked to an excersis	se of a share option program	YesNo
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	67.47	
Volume	28 267	
Aggregated information		
Average price per unit	67.47000	
Aggregated volume	28 267	
Total amount	1 907 174.490000	
Date of the transaction		
Date	6/22/2022	
Discondition to a section		
Place of the transaction		

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The person liable		
PDMR	Closely associated person (natural person)Closely associated person person)	on (legal
About PDMR		
Last name	GALTUNG DØSVIG	
First name	KIM	
Position / role	IRO & Head of Treasury	
Initial notification	on or amendment to prior notification	
Initial	Amendment	
Details about the	e issuer or emission allowance market participant	
Business name	Mowi ASA	
LEI number	549300W1OGQF5LZIH349	
	,	



Instrument ISIN code Name of the financial instrument Exercise of share options granted in 2018 a receive shares for a price of NOK 225.00. Nature of the transaction Transaction type Share option program The transaction is linked to an excersise of	NO0003054108 at an exercise price of NOK 157.53. Subse	
Name of the financial instrument Exercise of share options granted in 2018 a receive shares for a price of NOK 225.00. Nature of the transaction Transaction type Share option program	at an exercise price of NOK 157.53. Subse	equent sale of rights to
Exercise of share options granted in 2018 a receive shares for a price of NOK 225.00. Nature of the transaction Transaction type Share option program		equent sale of rights to
Nature of the transaction Transaction type Share option program		equent sale of rights to
Transaction type Share option program	Entering into equity swap	
Share option program	Entering into equity swap	
	a share option program	Yes No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	67.47	
Volume	28 267	
Aggregated information		
Average price per unit	67.47000	
Aggregated volume	28 267	
Total amount	1 907 174.490000	
	1 30/ 1/4.430000	
Date of the transaction		
Date	6/22/2022	
Place of the transaction		
Trading venue	XOSL - Oslo Børs	
	· ·	
Comment		