

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Ulf Holländer				
2	Reason for the notification					
a)	Position/status	The notification concerns a Primary insider, Chairman of the Board, Ulf Holländer.				
b)	Initial notification/Amendment	Initial notification				
3	Details of issuer					
a)	Name	MPC Container Ships ASA				
b)	LEI	213800MXS7CXYJ2Q1805				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	Shares in MPC Container Ships ASA with ISIN NO 001 0791353				
b)	Nature of the transaction	Acquisition				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> <tr> <td>NOK 19.0177</td> <td>53,490</td> </tr> </table>	Price(s)	Volume(s)	NOK 19.0177	53,490
Price(s)	Volume(s)					
NOK 19.0177	53,490					
d)	Aggregated information — Aggregated volume — Price	53,490 shares for a total of NOK 1,017,256.77				
e)	Date of the transaction	2022-09-19				
f)	Place of the transaction	XOSL – Oslo Børs				