1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Dr. Axel Schroeder		
2	eason for the notification			
a)	Position/status	The notification concerns Primary Insider, Board Member Dr. Axel Schroeder		
b)	Initial notification/Amendment	Initial notification		
3	Details of issuer			
a)	Name	MPC Container Ships ASA		
b)	LEI	213800MXS7CXYJ2Q1805		
4	` '	section to be repeated for (i) each type of instrument; (ii) each type; 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 NO0010791353		
b)	Nature of the transaction	Sale		
c)	Price(s) and volume(s)	Price	Volume	
		18.9307	65,401	
d)	Aggregated information	65,401 shares for a total of NOK 1,238,086.71		
e)	Date of the transaction	2023-07-18		
f)	Place of the transaction	XOSL – Oslo Børs		