1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Jan Inge Nesheim	
		N/A	
2	Reason for the noti	fication	
a)	Position/status	Employee representative to the BoD	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market particip	pant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		asaction(s): section to be repeated for (i) each type of instrument; (ii) each on; (iii) each date; and (iv) each place where transactions have been	
a)	Description of the financial instrument, type of instrument Identification code	Shares with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchase of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 34,3369	315

d)	Aggregated	N/A
	information	
	— Aggregated	
	volume	
	— Price	
e)	Date of the transaction	2022-12-07
f)	Place of the transaction	Oslo Stock Exchange
g)	Additional Information	Purchase of shares under share saving programme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ove Mikal Helle	
		N/A	
2	Reason for the noti	ification	
a)	Position/status	VP Internal Audit	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
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 with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchases of shares	

c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 34, 3369	9410
d)	Aggregated information — Aggreg volume — Price	gated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share saving programme and long term incentive program	

	- ii c i	
1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Jann Idar Dillern
		N/A
2	Reason for the noti	ification
a)	Position/status	Deputy employee representative
b)	Initial Notification Amendment	Initial notification
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or
a)	Name	Vår Energi ASA
b)	LEI	549300LIVN3FFOJN2K47
4	Details of the trans	saction(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	
b)	Nature of the transaction	Purchases of shares

c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 34,3360 399
d)	Aggregated	N/A
,	information	
	Aggregated	
	volume	
	— Price	
e)	Date of the	2022-12-07
	transaction	
f)	Place of the transaction	Oslo Stock Exchange
g)	Additional	
	Information	Purchase of shares under share saving programme

1	Details of the perso	on discharging managerial responsibilities/person closely associated
a)	Name	Christine Vorland
		N/A
2	Reason for the noti	ification
a)	Position/status	Deputy board representative
b)	Initial Notification Amendment	Initial notification
3	Details of the issue auction monitor	er, emission allowance market participant, auction platform, auctioneer or
a)	Name	Vår Energi ASA
b)	LEI	549300LIVN3FFOJN2K47
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 with ISIN NO 001 1202772
b)	Nature of the transaction	Purchases of shares

c)	Price(s) and		
	volume(s)	Price(s) Vo	lume(s)
		NOK 34,3369 275	5
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2022-12-07	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional		
	Information	Purchase of shares under share saving prog	ıramme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Laurits Hosar N/A	
2	Reason for the noti	ification	
a)	Position/status	Deputy board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
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 with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchases of shares	

c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 34,3369	474
1				
d)	Aggregated		N/A	
	information			
	— Aggrega	ated		
	volume			
	— Price			
e)	Date of	the	2022-12-07	
	transaction			
f)	Place of	the	Oslo Stock Exchange	
	transaction			
g)	Additional			
	Information		Purchase of shares under share saving programme	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Hege Susanne Blåsternes	
		N/A	
2	Reason for the not	ification	
a)	Position/status	Employee board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		saction(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	Shares with ISIN NO 001 1202772	
	the financial		
	instrument,		
	type of		
	instrument		

	Identification code			
ь)	Nature of transaction	the	Purchases of shares	
c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 34,3369	567
d)	Aggregated		N/A	
	information			
	Aggregation	ated		
	volume			
	— Price			
e)	Date of	the	2022-12-07	
	transaction			
f)	Place of	the	Oslo Stock Exchange	
	transaction			
g)	Additional			
	Information		Purchase of shares under share saving p	programme

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Bjørn Nysted		
		N/A		
2	Reason for the noti	ification		
a)	Position/status	Employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	er, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	saction(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	Shares with ISIN NO 001 1202772		

	Identification code		
b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s) Volume(s)	
		NOK 34,3369 576	
d)	Aggregated information	N/A	
	Aggregatedvolume		
	— Price		
e)	Date of the	2022-12-07	
	transaction		
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional		
Information Purchase of shares under share saving programme		Purchase of shares under share saving programme	

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Lilli Sahlman Fagerdal		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	action(s): section to be repeated for (i) each type of instrument; (ii) each		
	type of transaction	type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of	Shares with ISIN NO 001 1202772		

	instrument Identification code				
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s) volume(s)	and	Price(s) NOK 34,3369	Volume(s)	
d)	Aggregated information — Aggregated volume — Price	ated	N/A		
e)	Date of transaction	the	2022-12-07		
f)	Place of transaction	the	Oslo Stock Exchange		
g)	Additional Information		Purchase of shares under share	saving programme	

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Live Forsnes		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	action(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	Shares with ISIN NO 001 1202772		

	instrument Identification code	1		
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s)	Volume(s)
			NOK 34,3369	503
d)	Aggregated information — Aggreg volume — Price	ated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share saving	programme

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Carl Anders Olof Kjörling		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	saction(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	ducted		
a)	Description of	Shares with ISIN NO 001 1202772		
	the financial			
	instrument, type of			
	type or			

	instrument Identification code	1		
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s)	Volume(s)
			NOK 34,3369	510
d)	Aggregated information — Aggreg volume — Price	ated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share saving	programme

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Trond Arvid Larsen		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	action(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	Shares with ISIN NO 001 1202772		

	instrument Identificatior code	1		
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK34,3369	275
d)	Aggregated		N/A	
	information			
	— Aggreg	ated		
	volume			
	— Price			
e)	Date of	the	2022-12-07	
	transaction			
f)	Place of	the	Oslo Stock Exchange	
	transaction			
g)	Additional			
	Information		Purchase of shares under share savir	g programme

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Finn Volrat Pettersen		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	saction(s): section to be repeated for (i) each type of instrument; (ii) each		
	type of transactio	n; (iii) each date; and (iv) each place where transactions have been		
	conducted	nducted		
a)	Description of	Shares with ISIN NO 001 1202772		
	the financial			
	instrument,			
	type of			

	instrument Identification code	l			
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s) volume(s)	and	Price(s) NOK 34,3369	Volume(s) 298	
d)	Aggregated information — Aggreg volume — Price	ated	N/A		
e)	Date of transaction	the	2022-12-07		
f)	Place of transaction	the	Oslo Stock Exchange		
g)	Additional Information		Purchase of shares under shar	e saving programme	

	D-+-:1f+1	1:-1:	
1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Veronica Orvedal-Kiil	
		N/A	
2	Reason for the noti	ification	
a)	Position/status	Deputy employee board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		rightsize repeated for (i) each type of instrument; (ii) each n; (iii) each date; and (iv) each place where transactions have been	
	conducted		
a)	Description of the financial instrument, type of instrument	Shares with ISIN NO 001 1202772	

	Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 34,3369 347
d)	Aggregated	N/A
	information	
	Aggregated	
	volume	
	— Price	
e)	Date of the	2 2022-12-07
	transaction	
f)	Place of the	Oslo Stock Exchange
	transaction	
g)	Additional	
	Information	Purchase of shares under share saving programme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Martha Skjæveland	
		N/A	
2	Reason for the noti	fication	
a)	Position/status	Employee board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
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	Shares with ISIN NO 001 1202772	

	instrument Identification code	l		
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s) NOK 34,3369	Volume(s)
d)	Aggregated information — Aggreg volume — Price	ated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share sa	ving programme

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Aksel Luhr
		N/A
2	Reason for the noti	fication
a)	Position/status	Legal Counsel
b)	Initial Notification Amendment	Initial notification
3	Details of the issue auction monitor	r, emission allowance market participant, auction platform, auctioneer or
a)	Name	Vår Energi ASA
b)	LEI	549300LIVN3FFOJN2K47
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	Shares with ISIN NO 001 1202772

	instrument Identification code			
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s) NOK 34,3369	Volume(s) 9116
d)	Aggregated information — Aggregated volume — Price	ated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share	saving programme and LTI scheme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ove André Årdal	
		N/A	
2	Reason for the not	ification	
a)	Position/status	VP Commercial	
b)	Initial	Initial notification	
	Notification		
	Amendment		
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) ea		
	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		
b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 34,3369	9950
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2022-12-07	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional		
	Information	Purchase of shares under share saving pr	ogramme and LTI scheme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Rune Oldervoll	
		N/A	
2	Reason for the not	ification	
a)	Position/status	VP Exploration and production	
b)	Initial	Initial notification	
	Notification		
	Amendment		
3	Details of the issue	er, emission allowance market participant, auction platform, auctioneer or	
	auction monitor		
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4 Details of the transaction(s): section to be		saction(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 be conducted		

a)	Description the finan instrument, type of instrument Identification code			
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s) NOK 34,3369	Volume(s) 10 830
d)	Aggregated information — Aggregated volume — Price	ated	N/A	
e)	Date of transaction	the	2022-12-07	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under the LTI scher	пе

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Torger Rød	
		N/A	
2	Reason for the not	ification	
a)	Position/status	CEO	
b)	Initial	Initial notification	
	Notification		
	Amendment		
3	Details of the issue	er, emission allowance market participant, auction platform, auctioneer or	
	auction monitor		
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4	Details of the tran	saction(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 with ISIN NO 001 1202772
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and volume(s)	Price(s) Volume(s) NOK 34,3369 32 446
d)	Aggregated information — Aggregated volume — Price	N/A
e)	Date of the transaction	2 2022-12-07
f)	Place of the transaction	Oslo Stock Exchange
g)	Additional Information	Purchase of shares under share saving programme and LTI scheme

1	Details of the person discharging managerial responsibilities/person closely associated				
a)	Name	Tone Rognstad			
		N/A			
2	Reason for the notification				
a)	Position/status	VP People and organisation			
b)	Initial Notification Amendment	Initial notification			
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor				
a)	Name	Vår Energi ASA			
b)	LEI	549300LIVN3FFOJN2K47			
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)	instrument, type of instrument Identification code				
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s)	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 34,3369	10201	
d)	Aggregated		N/A		
	information				
	Aggregated				
volume					
	— Price	. 1			
e)	Date of transaction	the	2022-12-07		
f)	Place of	the	Oslo Stock Evolunge		
1)	transaction	the	Oslo Stock Exchange		
g)	g) Additional				
, O	Information Purchase of shares under share saving programme and LTI scheme			programme and LTI scheme	