

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Jan Inge Nesheim</i>				
		<i>N/A</i>				
2	Reason for the notification					
a)	Position/status	<i>Employee representative to the BoD</i>				
b)	Initial Notification Amendment	<i>Initial notification</i>				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	<i>Vår Energi ASA</i>				
b)	LEI	<i>549300LIVN3FFOJN2K47</i>				
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	<i>Shares with ISIN NO 001 1202772</i>				
b)	Nature of the transaction	<i>Purchase of shares</i>				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td><i>NOK 34,3369</i></td> <td><i>315</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 34,3369</i>	<i>315</i>
Price(s)	Volume(s)					
<i>NOK 34,3369</i>	<i>315</i>					

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 programme

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Ove Mikal Helle
		N/A
2	Reason for the notification	
a)	Position/status	VP Internal Audit
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 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 — 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 programme and long term incentive program	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Jann Idar Dillern
		N/A
2	Reason for the notification	
a)	Position/status	Deputy employee 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 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 34,3360	399
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 programme	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Christine Vorland
		N/A
2	Reason for the notification	
a)	Position/status	Deputy 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 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	275
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 programme	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Laurits Hosar
		N/A
2	Reason for the notification	
a)	Position/status	Deputy 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 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
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 programme	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Hege Susanne Blåsternes
		N/A
2	Reason for the notification	
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 instrument	Shares with ISIN NO 001 1202772

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

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

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

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

	instrument Identification code		
b)	Nature of the transaction	<i>Purchases of shares</i>	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		<i>NOK 34,3369</i>	<i>333</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2022-12-07</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under share saving programme</i>	

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

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

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Carl Anders Olof Kjörling</i>
		N/A
2	Reason for the notification	
a)	Position/status	<i>Deputy employee board representative</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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	<i>Shares with ISIN NO 001 1202772</i>

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

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

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

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

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

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Veronica Orvedal-Kiil</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>Deputy employee board representative</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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	<i>Shares with ISIN NO 001 1202772</i>

	Identification code		
b)	Nature of the transaction	<i>Purchases of shares</i>	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		NOK 34,3369	347
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	<i>Purchase of shares under share saving programme</i>	

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

	instrument Identification code						
b)	Nature of the transaction	<i>Purchases of shares</i>					
c)	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 34,3369</td><td>277</td></tr></table>		Price(s)	Volume(s)	NOK 34,3369	277
Price(s)	Volume(s)						
NOK 34,3369	277						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2022-12-07					
f)	Place of the transaction	<i>Oslo Stock Exchange</i>					
g)	Additional Information	<i>Purchase of shares under share saving programme</i>					

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

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

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Ove André Årdal</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>VP Commercial</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 34,3369</td><td>9950</td></tr></table>		Price(s)	Volume(s)	NOK 34,3369	9950
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 programme and LTI scheme					

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Rune Oldervoll</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>VP Exploration and production</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 34,3369</td><td>10 830</td></tr></table>		Price(s)	Volume(s)	NOK 34,3369	10 830
Price(s)	Volume(s)						
NOK 34,3369	10 830						
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 the LTI scheme					

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Torger Rød</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>CEO</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 34,3369</td><td>32 446</td></tr></table>		Price(s)	Volume(s)	NOK 34,3369	32 446
Price(s)	Volume(s)						
NOK 34,3369	32 446						
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 programme and LTI scheme					

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Tone Rognstad</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>VP People and organisation</i>
b)	Initial Notification Amendment	<i>Initial notification</i>
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	<i>Vår Energi ASA</i>
b)	LEI	<i>549300LIVN3FFOJN2K47</i>
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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 34,3369</td><td>10201</td></tr></table>		Price(s)	Volume(s)	NOK 34,3369	10201
Price(s)	Volume(s)						
NOK 34,3369	10201						
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 programme and LTI scheme					