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1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ellen Waldeland Hoddell	
		N/A	
2	Reason for the noti	fication	
a)	Position/status	SVP Safety & Sustainability	
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	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	Purchase of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	925

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d)	Aggregated	N/A
	information	
	<ul><li>Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-06-06
	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	Jan Inge Nesheim	
		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	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	

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c)	Price(s) and volume(s)	Price(s) Volume(s)  NOK 26.3557 399	
d)	Aggregated information — Aggregated volume — Price	l N/A	
e)	Date of the transaction	2023-06-06	
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 not	fication	
a)	Position/status	SVP Safety and Sustainability	
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 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	Shares with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchases of shares	

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c)	Price(s) and volume(s)	Price(s) NOK 26.3557	Volume(s) 1 060
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2023-06-06	
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	Jann Idar Dillern	
		N/A	
2	Reason for the noti	fication	
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		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	

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c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 26.3557	135
d)	Aggregated information — Aggrega volume — Price	ated	N/A	
e)	Date of transaction	the	2023-06-06	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share sa	wing programme

	D . 1 C.1	1. 1
1	Details of the perso	on discharging managerial responsibilities/person closely associated
a)	Name	Christine Vorland
		N/A
2	Reason for the not	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

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c)	Price(s) and volume(s)	Price(s) Volume(s)  NOK 26.3557 375
d)	Aggregated information — Aggregated volume — Price	N/A
e)	Date of the transaction	2023-06-06
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 not	ification	
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 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	Shares with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchases of shares	

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c)	. ,	nd		
	volume(s)		Price(s)	Volume(s)
			NOK 26.3557	660
d)	Aggregated		N/A	
	information			
	<ul><li>— Aggregat</li></ul>	ed		
	volume			
	— Price			
e)	Date of t	he	2023-06-06	
	transaction			
f)	Place of t	he	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	Atle Reinseth N/A	
2	Reason for the noti	fication	
a)	Position/status	EVP Project development and SCM	
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	

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c)	Price(s) a	and		
	volume(s)		Price(s)	Volume(s)
			NOK 26.3557	1470
d)	Aggregated information  — Aggregation volume  — Price	ted	N/A	
e)	Date of transaction	the	2023-06-06	
f)	Place of t transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under share saving	programme

	D. (. 1) . (. 1)	
1	Details of the perso	on 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	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

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c)	Price(s) a	nd		
	volume(s)		Price(s)	Volume(s)
			NOK 26.3557	901
d)	Aggregated		N/A	
	information			
	— Aggregat	ted		
	volume			
	— Price			
e)	Date of t	the	2023-06-06	
	transaction			
f)	Place of t	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	Bjørn Nysted	
		N/A	
2	Reason for the not	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 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	Shares with ISIN NO 001 1202772	
b)	Nature of the transaction	Purchases of shares	

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c)	Price(s) and volume(s)	Price(s)  NOK 26.3557	Volume(s) 825
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2023-06-06	
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	Lilli Sahlman Fagerdal	
		N/A	
2	Reason for the not	ification	
a)	Position/status	Deputy 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 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	

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	186
d)	Aggregated	N/A	
	information		
	<ul><li>— Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-06-06	
	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	Live Fornes
		N/A
2	Reason for the not	ification
a)	Position/status	Deputy 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 tran	saction(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

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and volume(s)	Price(s) Volume(s)	
	volume(s)	NOK 26.3557 688	
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2023-06-06	
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	Carl Anders Olof Kjörling	
		N/A	
2	Reason for the not	ification	
a)	Position/status	Deputy 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 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	

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	710
d)	Aggregated	N/A	
	information		
	<ul><li>— Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-06-06	
	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	Ingrid Sølvberg
		N/A
2	Reason for the not	ification
a)	Position/status	EVP Technology, Drilling & Subsurface
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 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

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	1470
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-06-06	
	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	Finn Volrat Pettersen
		N/A
2	Reason for the not	ification
a)	Position/status	Deputy 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 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

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	376
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-06-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional		
	Information	Purchase of shares under share saving p	programme

·		
1	Details of the perso	on discharging managerial responsibilities/person closely associated
a)	Name	Veronica Orvedal-Kiil
		N/A
2	Reason for the not	ification
a)	Position/status	Deputy 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 transactio conducted	n; (iii) each date; and (iv) each place where transactions have been
a)	Description of	Shares with ISIN NO 001 1202772
	the financial	
	instrument, type of	
	instrument	
	Identification	
	code	

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b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 26.3557	640
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-06-06	
	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	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		saction(s): section to be repeated for (i) each type of instrument; (ii) each n; (iii) each date; and (iv) each place where transactions have been
a)	Description of the financial instrument, type of instrument	Shares with ISIN NO 001 1202772

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	Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 26.3557 378
d)	Aggregated	N/A
	information	
	<ul><li>Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-06-06
	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	Aksel Luhr
		N/A
2	Reason for the not	ification
a)	Position/status	Legal Counsel
Ъ)	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		saction(s): section to be repeated for (i) each type of instrument; (ii) each in; (iii) each date; and (iv) each place where transactions have been
a)	Description of the financial instrument, type of instrument	Shares with ISIN NO 001 1202772

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	Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 26.3557 1065
d)	Aggregated	N/A
	information	
	<ul><li>Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-06-06
	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	Tor Arne Hansen
		N/A
2	Reason for the noti	ification
a)	Position/status	Exploration Advisor - Close associate to primary insider Ingrid Sølvberg
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		saction(s): section to be repeated for (i) each type of instrument; (ii) each n; (iii) each date; and (iv) each place where transactions have been
a)	Description of the financial instrument, type of instrument	Shares with ISIN NO 001 1202772

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	Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 26.3557 1053
d)	Aggregated	N/A
	information	
	<ul><li>— Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-06-06
	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	Ove André Årdal
		N/A
2	Reason for the notification	
a)	Position/status	SVP Commercial
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

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	Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and	
	volume(s)	Price(s) Volume(s)
		NOK 26.3557 1122
d)	Aggregated	N/A
	information	
	<ul><li>Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-06-06
	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	Torger Rød	
		N/A	
2	Reason for the notification		
a)	Position/status	CEO	
b)	Initial	Initial notification	
	Notification		
	Amendment	- omiosion allowance more lot more investigant acception platforms acception on	
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	Shares with ISIN NO 001 1202772	
	the financial		
<u> </u>	instrument,		

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	type of instrument Identification code				
b)	Nature of transaction	the	Purchases of shares		
c)	' '	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 26.3557	3083	
d)	Aggregated information — Aggregated volume — Price		N/A		
e)	Date of transaction	the	2023-06-06		
f)	Place of transaction	the	Oslo Stock Exchange		
g)	Additional Information		Purchase of shares under s	hare saving programme	

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	SVP 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)	Description of the financial instrument,	Shares with ISIN NO 001 1202772	

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	type of instrument Identification code	
b)	Nature of the transaction	Purchases of shares
c)	Price(s) and volume(s)	Price(s)         Volume(s)           NOK 26.3557         1151
d)	Aggregated information  — Aggregated volume  — Price	N/A
e)	Date of the transaction	2023-06-06
f)	Place of the transaction	Oslo Stock Exchange
g)	Additional Information	Purchase of shares under share saving programme