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	
ь)	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		saction(s): section to be repeated for n; (iii) each date; and (iv) each pl	
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 31.0045	9166

d)	Aggregated information	N/A
	<ul><li>Aggregated</li></ul>	
	volume	
	— Price	
e)	Date of the	2023-08-10
	transaction	
f)	Place of the	Oslo Stock Exchange
	transaction	
g)	Additional	
	Information	Purchase of shares under Long Tern Incentive programme

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Ove Mikal Helle
		N/A
2	Reason for the not	ification
a)	Position/status	Internal audit
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 be 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 31.0045	10 308
d)	Aggregated		N/A	
α,	information		1,721	
	— Aggreg	ated		
	volume			
	— Price			
e)	Date of transaction	the	2023-08-10	
f)	Place of	the	Oslo Stock Exchange	
	transaction			
g)	Additional		Durchase of shares under Long Torn In	contina programma
<u> </u>	Information		Purchase of shares under Long Tern In	сениче ргодгатте

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Atle Reinseth N/A
2	Reason for the noti	ification
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

c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 31.0045	14 572
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-08-10	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional		
	Information	Purchase of shares under Long Tern Inc	centive 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	Shares with ISIN NO 001 1202772
	the financial	
	instrument,	
	type of	
	instrument	
	Identification code	
	code	

b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 31.0045	14 572
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume		
	— Price		
e)	Date of the	2023-08-10	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional	Purchase of shares under Long Tern Inc	centive programme
	Information		

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
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)	transaction	Purchases of shares	
c)	Price(s) and volume(s)	Price(s)  NOK 31.0045	Volume(s) 9 957
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-08-10	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of shares under Long Tern Ind	centive programme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ove André Årdal	
		N/A	
2	Reason for the not	fication	
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	

	Identification code		
b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s) Volume(s)	
		NOK 31.0045 11 125	
d)	Aggregated	N/A	
	information		
<ul><li>— Aggregated volume</li></ul>			
	— Price		
e)	Date of the	2023-08-10	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g) Additional			
	Information	Purchase of shares under Long Tern Incentive 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 Notification	Initial 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) 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		
b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and volume(s)	Price(s) Volume(s)  NOK 31.0045 43 667	
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2023-08-10	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of shares under Long Tern Incentive 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	

	type of instrument Identification code	1			
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s)	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 31.0045	10 330	
d)	Aggregated information  — Aggreg volume  — Price		N/A		
e)	Date of transaction	the	2023-08-10		
f)	Place of transaction	the	Oslo Stock Exchange		
g)	Additional Information		Purchase of shares under Long Tern Incentive programme		

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Rune Oldervoll	
		N/A	
2	Reason for the notification		
a)	Position/status	EVP Exploration and Production	
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	

	type of instrument Identification code	1			
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s)	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 31.0045	13 192	
d)	Aggregated information  — Aggreg volume  — Price		N/A		
e)	Date of transaction	the	2023-08-10		
f)	Place of transaction	the	Oslo Stock Exchange		
g)	Additional Information		Purchase of shares under Long Tern Incentive 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	VP Subsurface	
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	

	type of instrument Identification code	l		
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s)	Volume(s)
			NOK 31.0045	8931
d)	d) Aggregated information  — Aggregated volume  — Price		N/A	
e)	Date of transaction	the	2023-08-10	
f)	Place of transaction	the	Oslo Stock Exchange	
g)	Additional Information		Purchase of shares under Long Tern Incentive programme	