

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Ellen Waldeland Hoddell</i>				
		<i>N/A</i>				
2	Reason for the notification					
a)	Position/status	<i>SVP Safety & Sustainability</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"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td><i>NOK 31.0045</i></td> <td><i>9166</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>9166</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>9166</i>					

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	Ove Mikal Helle
		N/A
2	Reason for the notification	
a)	Position/status	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 31.0045	10 308
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	Atle Reinseth
		N/A
2	Reason for the notification	
a)	Position/status	EVP Project development and SCM
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 31.0045	14 572
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	Ingrid Sølvsberg
		N/A
2	Reason for the notification	
a)	Position/status	EVP Technology, Drilling & 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, type of instrument Identification code	Shares with ISIN NO 001 1202772

b)	Nature of the transaction	<i>Purchases of shares</i>	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		NOK 31.0045	14 572
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	<i>Purchase of shares under Long Tern Incentive 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 instrument Identification code	<i>Shares with ISIN NO 001 1202772</i>

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

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Ove André Årdal</i>
		N/A
2	Reason for the notification	
a)	Position/status	<i>SVP 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	<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 31.0045</i>	<i>11 125</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-08-10</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under Long Tern Incentive programme</i>	

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,	<i>Shares with ISIN NO 001 1202772</i>

	type of 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 31.0045</i></td><td><i>43 667</i></td></tr></table>		Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>43 667</i>
Price(s)	Volume(s)						
<i>NOK 31.0045</i>	<i>43 667</i>						
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>					
e)	Date of the transaction	<i>2023-08-10</i>					
f)	Place of the transaction	<i>Oslo Stock Exchange</i>					
g)	Additional Information	<i>Purchase of shares under Long Tern Incentive programme</i>					

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Tone Rognstad</i>
		N/A
2	Reason for the notification	
a)	Position/status	<i>SVP 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,	<i>Shares with ISIN NO 001 1202772</i>

	type of 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 31.0045</i></td><td><i>10 330</i></td></tr></table>		Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>10 330</i>
Price(s)	Volume(s)						
<i>NOK 31.0045</i>	<i>10 330</i>						
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>					
e)	Date of the transaction	<i>2023-08-10</i>					
f)	Place of the transaction	<i>Oslo Stock Exchange</i>					
g)	Additional Information	<i>Purchase of shares under Long Tern Incentive programme</i>					

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>EVP 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,	<i>Shares with ISIN NO 001 1202772</i>

	type of 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 31.0045</i>	<i>13 192</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-08-10</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under Long Tern Incentive programme</i>	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Hege Susanne Blåsternes</i>
		N/A
2	Reason for the notification	
a)	Position/status	<i>VP Subsurface</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,	<i>Shares with ISIN NO 001 1202772</i>

	type of 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 31.0045</i>	<i>8931</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-08-10</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under Long Tern Incentive programme</i>	