

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 &amp; 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 32.1133</i></td> <td><i>760</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 32.1133</i>	<i>760</i>
Price(s)	Volume(s)					
<i>NOK 32.1133</i>	<i>760</i>					

d)	Aggregated information — Aggregated volume — Price	N/A
e)	Date of the transaction	2023-12-06
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	Jan Inge Nesheim
		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 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 32.1133	328
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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	<i>Ove Mikal Helle</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>SVP Safety and 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>Purchases of shares</i>

c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		NOK 32.1133	871
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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 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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 32.1133</td><td>111</td></tr></table>	Price(s)	Volume(s)	NOK 32.1133	111
Price(s)	Volume(s)					
NOK 32.1133	111					
d)	Aggregated information — Aggregated volume — Price	N/A				
e)	Date of the transaction	2023-12-06				
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	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 32.1133	308
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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 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 32.1133	543
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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	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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 32.1133</td><td>1207</td></tr></table>	Price(s)	Volume(s)	NOK 32.1133	1207
Price(s)	Volume(s)					
NOK 32.1133	1207					
d)	Aggregated information — Aggregated volume — Price	N/A				
e)	Date of the transaction	2023-12-06				
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	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 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 32.1133	740
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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	<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 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)
		NOK 32.1133	679
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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 notification	
a)	Position/status	Deputy 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 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)
		<i>NOK 32.1133</i>	<i>153</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-12-06</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	Live Fornes
		N/A
2	Reason for the notification	
a)	Position/status	Deputy 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 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)
		<i>NOK 32.1133</i>	<i>565</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-12-06</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	Carl Anders Olof Kjörling
		N/A
2	Reason for the notification	
a)	Position/status	Deputy 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 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)
		<i>NOK 32.1133</i>	<i>583</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-12-06</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 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 32.1133	309
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2023-12-06	
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>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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td><i>NOK 32.1133</i></td><td><i>526</i></td></tr></table>		Price(s)	Volume(s)	<i>NOK 32.1133</i>	<i>526</i>
Price(s)	Volume(s)						
<i>NOK 32.1133</i>	<i>526</i>						
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>					
e)	Date of the transaction	<i>2023-12-06</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>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)	Price(s)	Volume(s)
		<i>NOK 32.1133</i>	<i>311</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-12-06</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>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>NOK 32.1133</td><td>875</td></tr></table>		Price(s)	Volume(s)	NOK 32.1133	875
Price(s)	Volume(s)						
NOK 32.1133	875						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2023-12-06					
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>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 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 32.1133</td><td>922</td></tr></table>		Price(s)	Volume(s)	NOK 32.1133	922
Price(s)	Volume(s)						
NOK 32.1133	922						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2023-12-06					
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	<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 32.1133</td><td>2531</td></tr></table>		Price(s)	Volume(s)	NOK 32.1133	2531
Price(s)	Volume(s)						
NOK 32.1133	2531						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2023-12-06					
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	<i>Tone Rognstad</i>
		<i>N/A</i>
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, 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 32.1133</td><td>945</td></tr></table>		Price(s)	Volume(s)	NOK 32.1133	945
Price(s)	Volume(s)						
NOK 32.1133	945						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2023-12-06					
f)	Place of the transaction	Oslo Stock Exchange					
g)	Additional Information	Purchase of shares under share saving programme					