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	ant, 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 32.1133	760

d)	Aggregated	N/A
	information	
	— Aggregated	
	volume	
	— Price	
e)	Date of the	2023-12-06
	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
ь)	Nature of the transaction	Purchases of shares

c)	Price(s) a	nd		
	volume(s)		Price(s)	Volume(s)
			NOK 32.1133	328
d)	Aggregated		N/A	
	information			
	— Aggregat	ed		
	volume			
	— Price			
e)	Date of t	he	2023-12-06	
	transaction			
f)	Place of t	he	Oslo Stock Exchange	
	transaction			
g)	Additional			
	Information		Purchase of shares under share saving	g programme

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Ove Mikal Helle
		N/A
2	Reason for the noti	fication
a)	Position/status	SVP Safety and Sustainability
b)	Initial Notification	Initial notification
	Amendment	
3		r, emission allowance market participant, auction platform, auctioneer or
	auction monitor	
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 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	
b)	Nature of the	Purchases of shares
U)	transaction	1 urchuses of shures

c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 32.1133	871
d)	Aggregated information — Aggreg volume — Price	gated	N/A	
e)	Date of transaction	the	2023-12-06	
f)	Place of transaction	the	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
Ъ)	Initial Notification	Initial notification
	Amendment	
3	Details of the issue	er, emission allowance market participant, auction platform, auctioneer or
	auction monitor	
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	Shares with ISIN NO 001 1202772
	the financial	
	instrument,	
	type of	
	instrument	
	Identification	
L١	code	Dl C -1
b)	Nature of the transaction	Purchases of shares

c)	Price(s) a	nd		
	volume(s)		Price(s)	Volume(s)
			NOK 32.1133	111
d)	Aggregated		N/A	
	information			
	— Aggregat	ed		
	volume			
	— Price			
e)	Date of t	he	2023-12-06	
	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		
-	Details of the perse	on albeitarging managerial responsionates, person closely associated	
a)	Name	Christine Vorland	
		N/4	
		N/A	
2	Reason for the noti	ification	
a)	Position/status	Deputy board representative	
b)	Initial	Initial notification	
0,	Notification	There is not great for	
	Amendment		
3		r, 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	
		n; (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	Purchases of shares	
	transaction		

c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 32.1133	308
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional		
J,	Information	Purchase of shares under share savi	ng programme

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

c)	Price(s) an	
	volume(s)	Price(s) Volume(s)
		NOK 32.1133 543
d)	Aggregated information — Aggregate volume — Price	N/A
e)	Date of th transaction	2023-12-06
f)	Place of th 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 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 32.1133	1207
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional		
	Information		

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Hege Susanne Blåsternes	
		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	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) a	ınd		
	volume(s)		Price(s)	Volume(s)
			NOK 32.1133	740
d)	Aggregated		N/A	
,	information			
	— Aggregat	ted		
	volume			
	— Price			
e)	Date of t transaction	the	2023-12-06	
f)		the	Oslo Stock Exchange	
	transaction			
g)	Additional	Purchase of shares under share saving programme		
	Information			programme

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Bjørn Nysted	
		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	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	679
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the transaction	2023-12-06	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional	Purchase of shares under share saving programme	
	Information		

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		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 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 32.1133	153
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional	Purchase of shares under share saving programme	
	Information		

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
	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	565
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction	_	
g)	Additional	Purchase of shares under share saving programme	
	Information		

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

b)	Nature of the transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 32.1133	583
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction	-	
g)	Additional	Purchase of shares under share saving programme	
	Information		

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Finn Volrat Pettersen	
		N/A	
2	Reason for the noti	ification	
a)	Position/status	Deputy employee board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	nils of the issuer, emission allowance market participant, auction platform, auctioneer or ion 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 transaction	the	Purchases of shares	
c)	Price(s)	and		
	volume(s)		Price(s)	Volume(s)
			NOK 32.1133	309
d)	Aggregated		N/A	
	information			
	— Aggrega	ited		
	volume			
	— Price			
e)	Date of	the	2023-12-06	
	transaction			
f)	Place of	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	Veronica Orvedal-Kiil	
		N/A	
2	Reason for the noti	fication	
a)	Position/status	Deputy 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 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	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 32.1133 526	
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2023-12-06	
	transaction		
f) Place of the Oslo Stock Exchange		Oslo Stock Exchange	
	transaction		
g) Additional Information Purchase of shares under share saving progra			
		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	fication		
a)	Position/status	Employee board representative		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	of the issuer, emission allowance market participant, auction platform, auctioneer or monitor		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	Details of the trans	action(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	Shares with ISIN NO 001 1202772		

	instrument Identification code	1			
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s)	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 32.1133	311	
d)	Aggregated		N/A		
	information	_			
	— Aggreg	gated			
volume					
	— Price				
e)	Date of	the	2023-12-06		
	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 noti	fication		
a)	Position/status	Legal Counsel		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	ils of the issuer, emission allowance market participant, auction platform, auctioneer or on 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 conducted	type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument, type of	Shares with ISIN NO 001 1202772		

	instrument Identification code	1			
b)	Nature of transaction	the	Purchases of shares		
c)	Price(s)	and			
	volume(s)		Price(s)	Volume(s)	
			NOK 32.1133	875	
d)	Aggregated		N/A		
	information	_			
	— Aggreg	gated			
	volume				
	— Price				
e)	Date of transaction	the	2023-12-06		
Λ		+h ~	Oala Staals Eyskanaa		
f)	´				
-	transaction				
g)	Additional			•	
<u> </u>	Information		Purchase of shares under shar	e saving programme	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ove André Årdal	
		N/A	
2	Reason for the not	ification	
a)	Position/status	SVP Commercial	
b)	Initial	Initial notification	
	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 the finar instrument, type of instrument Identification code			
b)	Nature of transaction	the	Purchases of shares	
c)	Price(s) volume(s)	and	Price(s) NOK 32.1133	Volume(s) 922
d)	Aggregated information — Aggregated volume — Price	ated	N/A	
e)	Date of transaction	the	2023-12-06	
f)	Place of transaction	the	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	Torger Rød	
		N/A	
2	Reason for the notification		
a)	Position/status	CEO	
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		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 Identification code	Shares with ISIN NO 001 1202772		
b)	Nature of the transaction	Purchases of shares		
c)	Price(s) and volume(s)	Price(s) NOK 32.1133	Volume(s) 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	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			
ь)	LEI	549300LIVN3FFOJN2K47			

4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each						
	type of transac	tion	n; (iii) each date; and (iv) each place where transactions have been				
	conducted						
a)	Description	of	Shares with ISIN NO 001 1202772				
	the financi	al					
	instrument,						
	type of						
	instrument						
	Identification						
	code						
b)	Nature of th	ne .	e Purchases of shares				
	transaction						
c)	Price(s) and						
	volume(s)		Price(s)	Volume(s)			
			NOK 32.1133	945			
d)	Aggregated		N/A				
	information						
	— Aggregate	ed					
volume							
	— Price						
e)	Date of th	ne .	2023-12-06				
transaction							
f)	Place of th	of the Oslo Stock Exchange					
transaction							
g)	Additional						
	Information Purchase of shares under share saving programme			programme			