

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 34.4821</i></td> <td><i>756</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 34.4821</i>	<i>756</i>
Price(s)	Volume(s)					
<i>NOK 34.4821</i>	<i>756</i>					

d)	Aggregated information — Aggregated volume — Price	N/A
e)	Date of the transaction	2024-03-06
f)	Place of the transaction	Oslo Stock Exchange
g)	Additional Information	Allocation of shares

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 34.4821	318
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-03-06	
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 Johansen
		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)		
		Price(s)	Volume(s)
		NOK 34.4821	436
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-03-06	
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	<i>Purchases of shares</i>	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		<i>NOK 34.4821</i>	<i>534</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2024-03-06</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>Hege Susanne Blåsternes</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	<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 34.4821	781
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-03-06	
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>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	<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 34.4821</i></td><td><i>671</i></td></tr></table>	Price(s)	Volume(s)	<i>NOK 34.4821</i>	<i>671</i>
Price(s)	Volume(s)					
<i>NOK 34.4821</i>	<i>671</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2024-03-06</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>Lilli Sahlman Fagerdal</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	<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 34.4821</i>	<i>406</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2024-03-06</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>Live Fornes</i>
		N/A
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	<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 34.4821</i>	<i>557</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2024-03-06</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>Carl Anders Olof Kjörling</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	<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 34.4821</td><td>575</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	575
Price(s)	Volume(s)						
NOK 34.4821	575						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>Finn Volrat Pettersen</i>
		N/A
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 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 34.4821</td><td>301</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	301
Price(s)	Volume(s)						
NOK 34.4821	301						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>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 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 34.4821</td><td>518</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	518
Price(s)	Volume(s)						
NOK 34.4821	518						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>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 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 34.4821</td><td>298</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	298
Price(s)	Volume(s)						
NOK 34.4821	298						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>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	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 34.4821</td><td>846</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	846
Price(s)	Volume(s)						
NOK 34.4821	846						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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	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 34.4821</td><td>2681</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	2681
Price(s)	Volume(s)						
NOK 34.4821	2681						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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	Vår Energi ASA					
b)	LEI	549300LIVN3FFOJNzK47					
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 34.4821</td><td>949</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	949
Price(s)	Volume(s)						
NOK 34.4821	949						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>Nicholas John Robert Walker</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	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 34.4821</td><td>3448</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	3448
Price(s)	Volume(s)						
NOK 34.4821	3448						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>Stefano Pujatti</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>CFO</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	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 34.4821</td><td>1450</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	1450
Price(s)	Volume(s)						
NOK 34.4821	1450						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
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>Trond Arvid Larsen</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>Deputy 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	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 34.4821</td><td>301</td></tr></table>		Price(s)	Volume(s)	NOK 34.4821	301
Price(s)	Volume(s)						
NOK 34.4821	301						
d)	Aggregated information — Aggregated volume — Price	N/A					
e)	Date of the transaction	2024-03-06					
f)	Place of the transaction	Oslo Stock Exchange					
g)	Additional Information	Purchase of shares under share saving programme					