1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Nicholas John Robert Walker	
		N/A	
2	Reason for the noti	fication	
a)	Position/status	CEO	
b)	Initial	Initial notification	
	Notification Amendment		
3		r, emission allowance market particip	pant auction platform auctioneer or
J	auction monitor	is, emission and wante market partiesp	vant, auction plantom, auctioned of
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		saction(s): section to be repeated for	
	type of transactio	n; (iii) each date; and (iv) each pl	ace 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 transaction	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 33.6899	3530
1\	A	N/A	
d)	Aggregated information	N/A	
	Aggregated		
	volume		
- \	— Price		
e)	Date of the transaction	2024-09-05	
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	Torger Rød		
		N/A		
2	Reason for the not			
a)	Position/status	COO		
b)	Initial Notification Amendment	Initial notification	Initial notification	
3	Details of the issue auction monitor	er, 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 (i) each type of instrument; (ii) each n; (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)	Volume(s)	
		NOK 33.6899	2745	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Stefano Pujatti		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	CFO		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market particip	oant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4		saction(s): section to be repeated for (i) each type of instrument; (ii) each on; (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)	Volume(s)	
		NOK 33.6899	1484	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Sverre Brimsøe Bjelland		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	EVP Legal & Compliance		
b)	Initial Notification Amendment	Initial notification		
3	Details of the issue auction monitor	r, emission allowance market particip	oant, 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	
-		on; (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 33.6899	1287	
d)	Aggregated	N/A		
u)	information	14/21		
	Aggregated			
	volume			
	— Price			
e)	Date of the	2024-09-05		
-,	transaction			
f)	Place of the	Oslo Stock Exchange		
,	transaction	J -		
g)				
/ن	Information	Purchase of shares under share saving	programme	
g)	Additional	Purchase of shares under share savina	programme	
		,		

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Tone Rognstad		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	EVP People & Communication		
b)	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 (i) each type of instrument; (ii) each n; (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)	Volume(s)	
		NOK 33.6899	973	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Purchase of shares under share saving programme		

	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	EVP Safety & Sustainability	
b)	Initial Notification	Initial notification	
	Amendment		
3	Details of the issue auction monitor	r, emission allowance market particip	oant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
1			
b)	LEI	549300LIVN3FFOJN2K47 saction(s): section to be repeated for ((i) each type of instrument: (ii) each
4		n; (iii) each date; and (iv) each pl	
	conducted	•	
a)	Description of	Shares with ISIN NO 001 1202772	
	the financial instrument,		
	type of		
	instrument		
	Identification code		
b)	Nature of the	Purchase of shares	
	transaction		
c)	Price(s) and	Drice(s)	Volume(s)
	volume(s)	Price(s) NOK 33.6899	Volume(s) 774
		11011 3510099	//7
d)	Aggregated	N/A	
	information — Aggregated		
	volume		
	— Price		
e)	Date of the	2024-09-05	
f)	transaction Place of the	Oslo Stock Exchange	
-,	transaction		
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 not	ification	
a)	Position/status	Employee board representative	
b)	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	Details of the trans	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 pl	lace 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)	Volume(s)
		NOK 33.6899	326
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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	Martha Skjæveland	
		N/A	
2	Reason for the not	fication	
a)	Position/status	Employee board representative	
b)	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 (i) each type of instrument; (ii) each on; (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 33.6899	Volume(s)
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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 not	lfication	
a)	Position/status	Employee board representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market particip	oant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		saction(s): section to be repeated for (i) each type of instrument; (ii) each on; (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)		Volume(s)
		NOK 33.6899	416
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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	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	r, emission allowance market particip	pant, 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
		n; (iii) each date; and (iv) each pl	
	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 33.6899	588
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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 not	ification	
a)	Position/status	Deputy employee board representative	
b)	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	Details of the trans	saction(s): section to be repeated for	(i) each type of instrument; (ii) each
	type of transactio	n; (iii) each date; and (iv) each p	lace where transactions have been
	conducted		
a)	Description of	Shares with ISIN NO 001 1202772	
	the financial		
	instrument,		
	type of		
	instrument		
	Identification		
1\	code		
b)	Nature of the	Purchases of shares	
-1	transaction		
c)	Price(s) and volume(s)	Dri ag (a)	Volume(s)
	voiume(s)	Price(s) NOK 33.6899	800
		NOK 33.0099	800
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2024-09-05	
Δ	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional	Durchage of shares J1	
	Information	Purchase of shares under share saving programme	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Terje Bondhus	
		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	r, emission allowance market particip	oant, 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 transactio	n; (iii) each date; and (iv) each pl	lace 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 33.6899	606
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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 noti	fication	
a)	Position/status	Deputy employee representative	
b)	Initial Notification Amendment	Initial notification	
3	Details of the issue auction monitor	r, emission allowance market particip	oant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		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	
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 33.6899	447
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
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	Kjersti Elen Aanderaa		
		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 particip	ant, 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 transactio	n; (iii) each date; and (iv) each pl	ace 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)		Volume(s)	
		NOK 33.6899	339	
/L	Λ	N/A		
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Finn Volrat Pettersen	
		N/A	
	Reason for the not	ification	
2			
a)	Position/status	Deputy employee board representative	
b)	Initial Notification	Initial notification	
3	Amendment Details of the issue	er, emission allowance market particip	pant auction platform auctioneer or
)	auction monitor	i, chilosion anowalice market particip	ant, auction platform, auctioneer of
a)	Name	Vår Energi ASA	
ь)	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	Purchases of shares	
c)	Price(s) and		
	volume(s)	Price(s)	Volume(s)
		NOK 33.6899	308
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the	2024-09-05	
f)	transaction Place of the	Oslo Stock Exchange	
1)	transaction	Colo Decen Exercise	
g)	Additional Information	Purchase of shares under share saving p	programme

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Veronica Orvedal-Kiil		
		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 particip	oant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4		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		
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 33.6899	531	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Trond Arvid Larsen		
		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	r, emission allowance market particip	oant, 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		
- \		Cl :// ICINI NO		
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 33.6899	308	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Hans Erik Kolstrup Hansen	
		N/A	
2	Reason for the not	ification	
a)	Position/status	Deputy employee board representative	
b)	Initial	Initial notification	
	Notification		
	Amendment		
3		r, emission allowance market particip	oant, auction platform, auctioneer or
	auction monitor		
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		saction(s): section to be repeated for	
		n; (iii) each date; and (iv) each pl	lace 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 33.6899	599
d)	Aggregated	N/A	
	information		
	Aggregated		
	volume		
	— Price		
e)	Date of the	2024-09-05	
	transaction		
f)	Place of the	Oslo Stock Exchange	
	transaction		
g)	Additional	Durchage of charge under charge course	programma
	Information	Purchase of shares under share saving	ргодганине

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Inger Helene Lindheim		
		N/A		
2	Reason for the not	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 particip	pant, auction platform, auctioneer or	
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4	type of transactio conducted	esaction(s): section to be repeated for (i) each type of instrument; (ii) each on; (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)	Volume(s)	
		NOK 33.6899	308	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2024-09-05		
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	Anita Hommedal N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial	Initial notification		
	Notification			
	Amendment			
3		r, emission allowance market particip	oant, auction platform, auctioneer or	
	auction monitor	T		
a)	Name	Vår Energi ASA		
b)	LEI	549300LIVN3FFOJN2K47		
4		saction(s): section to be repeated for		
	type of transactio conducted	n; (iii) each date; and (iv) each pl	lace where transactions have been	
a)	Description of	Shares with ISIN NO 001 1202772		
	the financial			
	instrument,			
	type of			
	instrument			
	Identification			
1 \	code			
b)	Nature of the transaction	Purchases of shares		
c)	Price(s) and			
	volume(s)	Price(s)	Volume(s)	
		NOK 33.6899	138	
d)	Aggregated	N/A		
	information			
	Aggregated			
	volume			
	— Price			
e)	Date of the	2024-09-05		
	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	Matthieu Marcel Jacques Nicolas Angeli N/A	
2	Reason for the noti	fication	
a)	Position/status	Deputy employee board representative	
b)	Initial Notification Amendment	Initial notification	
3		r, emission allowance market particip	ant, auction platform, auctioneer or
	auction monitor	Vo E . AGA	
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4	type of transactio conducted	saction(s): section to be repeated for (n; (iii) each date; and (iv) each plant	
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 33.6899	572
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the	2024-09-05	
f)	transaction 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	Laura Vaiciulyte	
		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 particip	pant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		saction(s): section to be repeated for (i) each type of instrument; (ii) each on; (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)	Volume(s)
		NOK 33.6899	259
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2024-09-05	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of shares under share saving	programme