1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Torger Rød	
		N/A	
2	Reason for the not	fication	
a)	Position/status	COO	
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) eafch 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 39.1762	Volume(s) 6257
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2025-14-01	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022

1	Details of the person discharging managerial responsibilities/person closely associated				
a)	Name	Tone Rognstad			
		N/A			
2	Reason for the not	ification	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	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 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 39.1762	2214		
d)	Aggregated information — Aggregated volume — Price	N/A			
e)	Date of the transaction	2025-14-01			
f)	Place of the transaction	Oslo Stock Exchange			
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022		

	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Ellen Waldeland Hoddell	
		N/A	
2	Reason for the not	ification	
a)	Position/status	EVP Safety & Sustainability	
b)	Initial Notification Amendment	Initial notification	
3		er, emission allowance market particij	pant, 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
	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		
	code		
b)	Nature of the	Purchase of shares	
	transaction	The entire of one of	
c)	Price(s) and	D: ()	T. 1 ()
	volume(s)	Price(s)	Volume(s)
		NOK 39.1762	1422
	_		
d)	Aggregated	N/A	
	information		
	<ul><li>Aggregated</li></ul>		
	volume — Price		
e)	Date of the	2025-14-01	
-,	transaction		
f)	Place of the	Oslo Stock Exchange	
-,	transaction		
g)	Additional		
		:	saving programme for 2022

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Jan Inge Nesheim	
		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	r, emission allowance market particip	ant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
b)	LEI	549300LIVN3FFOJN2K47	
4		raction(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) NOK 39.1762	Volume(s) 832
d)	Aggregated information  — Aggregated volume — Price	N/A	
e)	Date of the transaction	2025-14-01	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Martha Skjæveland		
		N/A		
2	Reason for the not	ification		
a)	Position/status	Employee board representative		
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	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	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)	Price(s)	Volume(s)	
		NOK 39.1762	730	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2025-14-01		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022	

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Lilli Sahlman Fagerdal	
		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	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 notes; (iii) each date; and (iv) each pl	
	conducted	ii, (iii) eacii date, and (iv) eacii pi	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 39.1762	879
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2025-14-01	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Carl Anders Olof Kjörling		
		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	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	Shares with ISIN NO 001 1202772		
α,	the financial	Shares with ishivive our 1202//2		
	instrument,			
	type of			
	instrument			
	Identification			
	code			
b)	Nature of the	Purchases of shares		
U)	transaction	Furchases of shares		
c)	Price(s) and			
	volume(s)	Price(s)	Volume(s)	
		NOK 39.1762	1347	
d)	Aggregated	N/A		
u)	information	IV/A		
	<ul><li>— Aggregated</li></ul>			
	volume			
	— Price			
e)	Date of the	2025-14-01		
<i>-)</i>	transaction	202) 14 01		
f)	Place of the	Oslo Stock Exchange		
1)	transaction	Osio Stock Exchange		
a)	Additional			
g)	Information	Purchase of honus shares under share	savina programme for 2022	
	ппогшацоп	Purchase of bonus shares under share saving programme for 2022		

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Hege Susanne Blåsternes		
		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	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 39.1762	1498	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2025-14-01		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Purchase of bonus shares under share :	saving programme for 2022	

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	pant, auction platform, auctioneer or
a)	Name	Vår Energi ASA	
a)	Name	var Energiziszi	
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 39.1762	1053
d)	Aggregated information — Aggregated volume — Price	N/A	
e)	Date of the transaction	2025-14-01	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of bonus shares under share saving programme for 2022	

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	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 39.1762	943
d)	Aggregated information  — Aggregated volume  — Price	N/A	
e)	Date of the transaction	2025-14-01	
f)	Place of the transaction	Oslo Stock Exchange	
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022

1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Finn Volrat Pettersen		
		N/A		
2	Reason for the noti	fication		
a)	Position/status	Deputy employee board representative		
b)	Initial Notification Amendment	Initial notification	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 (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	D.:(-)	V-1	
	volume(s)	Price(s)  NOK 39.1762	Volume(s) 787	
		NOR 39.1/02	/0/	
d)	Aggregated information  — Aggregated volume  — Price	N/A		
e)	Date of the transaction	2025-14-01		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Purchase of bonus shares under share s	saving programme for 2022	

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 participa	ant, 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		
ь)	Nature of the transaction	Purchases of shares		
c)	Price(s) and volume(s)	Price(s)  NOK 39.1762	Volume(s) 916	
d)	Aggregated information  — Aggregated volume  — Price	N/A		
e)	Date of the transaction	2025-14-01		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Purchase of bonus shares under share so	aving programme for 2022	

1	Details of the person discharging managerial responsibilities/person closely associated				
a)	Name	Trond Arvid Larsen			
		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	er, emission allowance market participant, auction platform, auctioneer or			
a)	Name	Vår Energi ASA			
b)	LEI	549300LIVN3FFOJN2K47			
4		ils of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each of transaction; (iii) each date; and (iv) each place where transactions have been nected			
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 39.1762	726		
d)	Aggregated information  — Aggregated volume  — Price	N/A			
e)	Date of the transaction	2025-14-01			
f)	Place of the transaction	Oslo Stock Exchange			
g)	Additional Information	Purchase of bonus shares under share saving programme for 2022			

1	Details of the person discharging managerial responsibilities/person closely associated				
a) Name Hans Erik Kolstrup Hansen					
		N/A			
2	Reason for the not	or the notification			
a)	Position/status	Deputy employee board representative			
b)	Initial	Initial notification			
Notification					
Amendment  Details of the issuer emission allowance more training to execute matter and the second matter and			ant augtion platform augtionogram		
3	auction monitor	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			
	type of transaction; (iii) each date; and (iv) each place where transactions have been				
a)	conducted  Description of Shares with ISIN NO 001 1202772				
α)	the financial	Shares with 1511v 1v0 001 1202//2			
	instrument,				
	type of				
	instrument				
	Identification				
b)	code Nature of the				
(ט	transaction	Purchases of shares			
c)	Price(s) and				
	volume(s)	Price(s)	Volume(s)		
		NOK 39.1762	1395		
d)	Aggregated	N/A			
	information				
	<ul><li>Aggregated</li><li>volume</li></ul>				
	— Price				
e)	Date of the	2025-14-01			
,	transaction	y - <del>y</del>			
f)	Place of the	Oslo Stock Exchange			
transaction					
g)	Additional				
	Information Purchase of bonus shares under share saving programme for 2022				

1	Details of the person discharging managerial responsibilities/person closely associated				
a)	Name	Anita Hommedal			
		N/A			
2	Reason for the noti	ne 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	type of transactio conducted	ails of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each e of transaction; (iii) each date; and (iv) each place where transactions have been ducted			
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 39.1762	454		
d)	Aggregated information  — Aggregated volume  — Price	N/A			
e)	Date of the transaction	2025-14-01			
f)	Place of the transaction	Oslo Stock Exchange			
g)	Additional Information	Purchase of bonus shares under share saving programme for 2022			

1	Details of the person discharging managerial responsibilities/person closely associated				
a) Name Matthieu Marcel Jacques Nicolas Angeli		li			
		N/A			
2	Reason for the noti	the notification			
a)	Position/status	Deputy employee board representative			
		Initial notification			
	Notification Amendment				
3		r, emission allowance market participant, auction platform, auctioneer or			
J	auction monitor	r.,	F,		
a)	Name	Vår Energi ASA			
b)	LEI	549300LIVN3FFOJN2K47			
4		tils 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 be 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 39.1762	1283		
d) Aggregated N/A information — Aggregated					
	volume				
	— Price				
e)	Date of the transaction	2025-14-01			
f)	Place of the	Oslo Stock Exchange			
-1	transaction				
g)	Additional				
	Information Purchase of bonus shares under share saving programme for 2022				