

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	COO	
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 39.1762	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 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 notification		
a)	Position/status	EVP People & Communication	
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 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 saving programme for 2022	

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>EVP 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"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td><i>NOK 39.1762</i></td> <td><i>1422</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>1422</i>
Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>1422</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Jan Inge Nesheim</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)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td><i>NOK 39.1762</i></td> <td><i>832</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>832</i>
Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>832</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</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 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)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td><i>NOK 39.1762</i></td> <td><i>730</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>730</i>
Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>730</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</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>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)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td><i>NOK 39.1762</i></td> <td><i>879</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>879</i>
Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>879</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</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 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)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td><i>NOK 39.1762</i></td> <td><i>1347</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>1347</i>
Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>1347</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</i>				

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	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	Purchases of shares					
c)	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>NOK 39.1762</td><td>1498</td></tr></table>		Price(s)	Volume(s)	NOK 39.1762	1498
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	<i>Jann Idar Dillern Johansen</i>				
		<i>N/A</i>				
2	Reason for the notification					
a)	Position/status	<i>Deputy employee 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>				
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Price(s)	Volume(s)					
<i>NOK 39.1762</i>	<i>1053</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2025-14-01</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</i>				

1	Details of the person discharging managerial responsibilities/person closely associated		
a)	Name	Kjersti Elen Aanderaa	
		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	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 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 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	Purchases of shares	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		NOK 39.1762	787
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	Veronica Orvedal-Kiil	
		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	Purchases of shares	
c)	Price(s) and volume(s)		
		Price(s)	Volume(s)
		NOK 39.1762	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 saving 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 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	Purchases of shares				
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 39.1762</td> <td>726</td> </tr> </tbody> </table>	Price(s)	Volume(s)	NOK 39.1762	726
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	<i>Hans Erik Kolstrup Hansen</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	<i>Shares with ISIN NO 001 1202772</i>					
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 39.1762</i></td><td><i>1395</i></td></tr></table>		Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>1395</i>
Price(s)	Volume(s)						
<i>NOK 39.1762</i>	<i>1395</i>						
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>					
e)	Date of the transaction	<i>2025-14-01</i>					
f)	Place of the transaction	<i>Oslo Stock Exchange</i>					
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</i>					

1	Details of the person discharging managerial responsibilities/person closely associated						
a)	Name	<i>Anita Hommedal</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>					
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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)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td><i>NOK 39.1762</i></td><td><i>454</i></td></tr></table>		Price(s)	Volume(s)	<i>NOK 39.1762</i>	<i>454</i>
Price(s)	Volume(s)						
<i>NOK 39.1762</i>	<i>454</i>						
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>					
e)	Date of the transaction	<i>2025-14-01</i>					
f)	Place of the transaction	<i>Oslo Stock Exchange</i>					
g)	Additional Information	<i>Purchase of bonus shares under share saving programme for 2022</i>					

1	Details of the person discharging managerial responsibilities/person closely associated						
a)	Name	Matthieu Marcel Jacques Nicolas Angeli 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						
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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 39.1762</td><td>1283</td></tr></table>		Price(s)	Volume(s)	NOK 39.1762	1283
Price(s)	Volume(s)						
NOK 39.1762	1283						
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					