1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	Torger Rød		
		N/A		
2	Reason for the noti	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		nsaction(s): section to be repeated for (i) each type of instrument; (ii) each a; (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	Purchase of shares		
c)	Price(s) and volume(s)	NOV	Volume(s)	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2025-03-10		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information			