1	Details of the person discharging managerial responsibilities/person closely associated			
a)	Name	FMCC SRL, (a company closely associated to primary insider Fabio Ingazio Romeo, board member of Vår Energi ASA) N/A		
2	Reason for the notification			
a)	Position/status	Board member		
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	Bought shares		
c)	Price(s) and			
	volume(s)	Price(s)	Volume(s)	
		NOK 29.79	1000	
d)	Aggregated information — Aggregated volume — Price	N/A		
e)	Date of the transaction	2025-14-05		
f)	Place of the transaction	Oslo Stock Exchange		
g)	Additional Information	Bought shares		