

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Ellen Waldeleand Hoddell</i> N/A				
2	Reason for the notification					
a)	Position/status	<i>SVP 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 31.0045</i></td> <td><i>9166</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>9166</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>9166</i>					

d)	Aggregated information — Aggregated volume — Price	N/A
e)	Date of the transaction	2023-08-10
f)	Place of the transaction	<i>Oslo Stock Exchange</i>
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Ove Mikal Helle</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>Internal audit</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> <th>Price(s)</th><th>Volume(s)</th></tr> <tr> <td>NOK 31.0045</td><td>10 308</td></tr> </table>	Price(s)	Volume(s)	NOK 31.0045	10 308
Price(s)	Volume(s)					
NOK 31.0045	10 308					
d)	Aggregated information — Aggregated volume — Price	N/A				
e)	Date of the transaction	2023-08-10				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Atle Reinseth</i> N/A
2	Reason for the notification	
a)	Position/status	<i>EVP Project development and SCM</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"> <thead> <tr> <th>Price(s)</th><th>Volume(s)</th></tr> </thead> <tbody> <tr> <td>NOK 31.0045</td><td>14 572</td></tr> </tbody> </table>	Price(s)	Volume(s)	NOK 31.0045	14 572
Price(s)	Volume(s)					
NOK 31.0045	14 572					
d)	Aggregated information — Aggregated volume — Price	N/A				
e)	Date of the transaction	2023-08-10				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Ingrid Sølvberg</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>EVP Technology, Drilling & Subsurface</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)	Price(s)	Volume(s)
		<i>NOK 31.0045</i>	<i>14 572</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-08-10</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Aksel Luhr</i>
		<i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>Legal Counsel</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)	Price(s)	Volume(s)
		<i>NOK 31.0045</i>	<i>9 957</i>
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>	
e)	Date of the transaction	<i>2023-08-10</i>	
f)	Place of the transaction	<i>Oslo Stock Exchange</i>	
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>	

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Ove André Årdal</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>SVP Commercial</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	<i>Shares with ISIN NO 001 1202772</i>

	Identification code					
b)	Nature of the transaction	<i>Purchases 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 31.0045</i></td><td><i>11 125</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>11 125</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>11 125</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2023-08-10</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Torger Rød</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>CEO</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,	<i>Shares with ISIN NO 0011202772</i>

	type of instrument Identification code					
b)	Nature of the transaction	<i>Purchases of shares</i>				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price(s)</th><th>Volume(s)</th></tr> <tr> <td><i>NOK 31.0045</i></td><td><i>43 667</i></td></tr> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>43 667</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>43 667</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2023-08-10</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Tone Rognstad</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>SVP People and organisation</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,	<i>Shares with ISIN NO 0011202772</i>

	type of instrument Identification code					
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 31.0045</i></td> <td><i>10 330</i></td> </tr> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>10 330</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>10 330</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2023-08-10</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Rune Oldervoll</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>EVP Exploration and Production</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,	<i>Shares with ISIN NO 0011202772</i>

	type of instrument Identification code					
b)	Nature of the transaction	<i>Purchases of shares</i>				
c)	Price(s) and volume(s)	<table border="1"> <tr> <th>Price(s)</th><th>Volume(s)</th></tr> <tr> <td><i>NOK 31.0045</i></td><td><i>13 192</i></td></tr> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>13 192</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>13 192</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2023-08-10</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	<i>Hege Susanne Blåsternes</i> <i>N/A</i>
2	Reason for the notification	
a)	Position/status	<i>VP Subsurface</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,	<i>Shares with ISIN NO 0011202772</i>

	type of instrument Identification code					
b)	Nature of the transaction	<i>Purchases 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 31.0045</i></td><td><i>8931</i></td></tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 31.0045</i>	<i>8931</i>
Price(s)	Volume(s)					
<i>NOK 31.0045</i>	<i>8931</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2023-08-10</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Purchase of shares under Long Term Incentive programme</i>				