

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Trond Arvid Larsen</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>Sold 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 40</i></td> <td><i>5000</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 40</i>	<i>5000</i>
Price(s)	Volume(s)					
<i>NOK 40</i>	<i>5000</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2026-03-12</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Sold shares</i>				

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	<i>Trond Arvid Larsen</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>Sold 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 42</i></td> <td><i>5000</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 42</i>	<i>5000</i>
Price(s)	Volume(s)					
<i>NOK 42</i>	<i>5000</i>					
d)	Aggregated information — Aggregated volume — Price	<i>N/A</i>				
e)	Date of the transaction	<i>2026-03-16</i>				
f)	Place of the transaction	<i>Oslo Stock Exchange</i>				
g)	Additional Information	<i>Sold shares</i>				