

| PDMR                      | Closely associated person (natural person)  Closely associated person (legal person) |
|---------------------------|--|
| Info about the one        | e who reports  |
| Last name                 | GALTUNG DØSVIG   |
| First name                | KIM  |
| Business name             |  |
| Closely associated        | l person (legal person)  |
| Business name             | FRAMAR AS  |
| Org no.                   | 989047159  |
| Business name             | FRAMAR AS  |
| LEI code                  | 549300RY1F6VLURHLC55   |
| About PDMR                |  |
| Last name                 | Lerøy  |
| First name                | Ole-Eirik  |
| Position / Role           | Mowi Chairman  |
| Initial notification      | or amendment to prior notification   |
| <ul><li>Initial</li></ul> | Amendment  |
| Details about the is      | ssuer or emission allowance market participant                                       |
| Business name             | Mowi ASA   |
| _EI number                | 549300W1OGQF5LZIH349   |

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| Instrument                                  | Share                            |       |                      |
|---|----------------------------------|-------|----------------------|
| ISIN code                                   | NO0003054108                     |       |                      |
| Name of the financial instrument            |                                  |       |                      |
|   |                                  |       |                      |
|   |                                  |       |                      |
| Nature of the transaction                   |                                  |       |                      |
| Transaction type                            | Acquisition                      |       |                      |
| Share option program                        |                                  |       |                      |
| The transaction is linked to an exc         | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|   |                                  |       |                      |
| <b>Currency of the transaction</b>          |                                  |       |                      |
| Currency                                    | NOK                              |       |                      |
| Price(s) and volume(s)                      |                                  |       |                      |
| Price per unit                              | 188.85                           |       |                      |
| Volume                                      | 5 295                            |       |                      |
| A construction of the forest and the second |                                  |       |                      |
| Aggregated information                      |                                  |       |                      |
| Average price per unit                      | 188.85000                        |       |                      |
| Aggregated volume                           | 5 295                            |       |                      |
| Total amount                                | 999 960.750000                   |       |                      |
| Date of the transaction                     |                                  |       |                      |
| Date  | 8/21/2024                        |       |                      |
|   |                                  |       |                      |
| Place of the transaction                    |                                  |       |                      |
| Trading venue                               | XOSL - Oslo Børs                 |       |                      |
|   |                                  |       |                      |
| Comment                                     |                                  |       |                      |
|   |                                  |       |                      |



|                           |                           |                      | •  |
|---------------------------|---------------------------|----------------------|--|
| The person liable:        |                           |                      |  |
| PDMR                      | Closely associate person) | ed person (natural   | <ul><li>Closely associated person (legal person)</li></ul> |
| Info about the one        | e who reports             |                      |  |
| Last name                 | GALT                      | UNG DØSVIG           |  |
| First name                | KIM                       |                      |  |
| Business name             |                           |                      |  |
| About PDMR                |                           |                      |  |
| Last name                 | MELH                      | UUS                  |  |
| First name                | KRIST                     | ΓΙΑΝ                 |  |
| Position / role           | Mowi                      | Board member         |  |
|                           |                           |                      |  |
| Initial notification      | or amendment to prior     | rnotification        |  |
| <ul><li>Initial</li></ul> | Amendment                 |                      |  |
|                           |                           |                      |  |
| Details about the is      | ssuer or emission allow   | ance market particip | ant  |
| Business name             | M                         | owi ASA              |  |
|                           |                           |                      |  |



| Instrument                          | Share                            |       |                      |
|-------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                           | NO0003054108                     |       |                      |
| Name of the financial instrument    |                                  |       |                      |
|                                     |                                  |       |                      |
|                                     |                                  |       |                      |
| Nature of the transaction           |                                  |       |                      |
| Transaction type                    | Acquisition                      |       |                      |
| Share option program                |                                  |       |                      |
| The transaction is linked to an exc | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                     |                                  |       |                      |
| <b>Currency of the transaction</b>  |                                  |       |                      |
| Currency                            | NOK                              |       |                      |
| Price(s) and volume(s)              |                                  |       |                      |
| Price per unit                      | 188.85                           |       |                      |
| Volume                              | 317                              |       |                      |
| A                                   |                                  |       |                      |
| Aggregated information              | 100.05000                        |       |                      |
| Average price per unit              | 188.85000                        |       |                      |
| Aggregated volume                   | 317                              |       |                      |
| Total amount                        | 59 865.450000                    |       |                      |
| Date of the transaction             |                                  |       |                      |
| Date                                | 8/21/2024                        |       |                      |
|                                     |                                  |       |                      |
| Place of the transaction            |                                  |       |                      |
| Trading venue                       | XOSL - Oslo Børs                 |       |                      |
|                                     |                                  |       |                      |
| Comment                             |                                  |       |                      |
|                                     |                                  |       |                      |



| The person liable:        |  |  |
|---------------------------|--|--|
| PDMR                      | <ul><li>Closely associated person (natural person)</li></ul> | <ul><li>Closely associated person (legal person)</li></ul> |
| Info about the one        | who reports  |  |
| Last name                 | GALTUNG DØSVIG   |  |
| First name                | KIM  |  |
| Business name             |  |  |
|                           |  |  |
| About PDMR                |  |  |
| Last name                 | FREDRIKSEN   |  |
| First name                | KATHRINE ASTRUP  |  |
| Position / role           | Mowi Board member  |  |
|                           |  |  |
| Initial notification      | or amendment to prior notification                           |  |
| <ul><li>Initial</li></ul> | Amendment  |  |
|                           |  |  |
| Details about the is      | suer or emission allowance market partici                    | pant   |
| Business name             | Mowi ASA   |  |
|                           |  |  |



| Instrument                          | Share                            |       |                      |
|-------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                           | NO0003054108                     |       |                      |
| Name of the financial instrument    |                                  |       |                      |
|                                     |                                  |       |                      |
|                                     |                                  |       |                      |
| Nature of the transaction           |                                  |       |                      |
| Transaction type                    | Acquisition                      |       |                      |
| Share option program                |                                  |       |                      |
| The transaction is linked to an exc | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                     |                                  |       |                      |
| Currency of the transaction         |                                  |       |                      |
| Currency                            | NOK                              |       |                      |
| Price(s) and volume(s)              |                                  |       |                      |
| Price per unit                      | 188.85                           |       |                      |
| Volume                              | 794                              |       |                      |
| Aggregated information              |                                  |       |                      |
| Average price per unit              | 188.85000                        |       |                      |
| Aggregated volume                   | 794                              |       |                      |
| Total amount                        |                                  |       |                      |
|                                     | 149 946.900000                   |       |                      |
| Date of the transaction             |                                  |       |                      |
| Date                                | 8/21/2024                        |       |                      |
| Diagonal Alexander                  |                                  |       |                      |
| Place of the transaction            |                                  |       |                      |
| Trading venue                       | XOSL - Oslo Børs                 |       |                      |
|                                     |                                  |       |                      |
| Comment                             |                                  |       |                      |



| The person liable:        |  |
|---------------------------|--|
| PDMR                      | Closely associated person (natural person)  Closely associated person (legal person) |
| Info about the one        | e who reports  |
| Last name                 | GALTUNG DØSVIG   |
| First name                | KIM  |
| Business name             |  |
| Closely associated        | l person (legal person)  |
| Business name             | RATIONALIS AS  |
| Org no.                   | 914194407  |
| Business name             | RATIONALIS AS  |
| LEI code                  | 254900L61F816MM5FL15   |
| About PDMR                |  |
| Last name                 | Strand   |
| First name                | Peder  |
| Position / Role           | Mowi Board member  |
| Initial notification      | or amendment to prior notification   |
| <ul><li>Initial</li></ul> | ○ Amendment  |
| Details about the is      | ssuer or emission allowance market participant                                       |
| Business name             | Mowi ASA   |
| LEI number                | 549300W1OGQF5LZIH349   |
|                           |  |



| Instrument                          | Share                            |       |                      |
|-------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                           | NO0003054108                     |       |                      |
| Name of the financial instrument    |                                  |       |                      |
|                                     |                                  |       |                      |
|                                     |                                  |       |                      |
| Nature of the transaction           |                                  |       |                      |
| Transaction type                    | Acquisition                      |       |                      |
| Share option program                |                                  |       |                      |
| The transaction is linked to an exc | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                     |                                  |       |                      |
| <b>Currency of the transaction</b>  |                                  |       |                      |
| Currency                            | NOK                              |       |                      |
| Price(s) and volume(s)              |                                  |       |                      |
| Price per unit                      | 188.85                           |       |                      |
| Volume                              | 317                              |       |                      |
| A                                   |                                  |       |                      |
| Aggregated information              | 100.05000                        |       |                      |
| Average price per unit              | 188.85000                        |       |                      |
| Aggregated volume                   | 317                              |       |                      |
| Total amount                        | 59 865.450000                    |       |                      |
| Date of the transaction             |                                  |       |                      |
| Date                                | 8/21/2024                        |       |                      |
|                                     |                                  |       |                      |
| Place of the transaction            |                                  |       |                      |
| Trading venue                       | XOSL - Oslo Børs                 |       |                      |
|                                     |                                  |       |                      |
| Comment                             |                                  |       |                      |
|                                     |                                  |       |                      |



|                           |   | ·   |
|---------------------------|---|---|
| The person liable:        |   |   |
| PDMR                      | <ul><li>Closely associated person person)</li></ul> | (natural Closely associated person (legal person) |
| Info about the one        | who reports   |   |
| Last name                 | GALTUNG DØS   | SVIG  |
| First name                | KIM   |   |
| Business name             |   |   |
|                           |   |   |
| About PDMR                |   |   |
| Last name                 | NÆRØ  |   |
| First name                | LISBET KARIN  |   |
| Position / role           | Mowi Board me                                       | ember   |
|                           |   |   |
| Initial notification      | or amendment to prior notifica                      | ntion   |
| <ul><li>Initial</li></ul> | Amendment   |   |
|                           |   |   |
| Details about the is:     | suer or emission allowance ma                       | rket participant                                  |
| Business name             | Mowi ASA  |   |
|                           |   |   |



|                                      | Share                           |       |                      |
|--------------------------------------|---------------------------------|-------|----------------------|
| ISIN code                            | NO0003054108                    |       |                      |
| Name of the financial instrument     |                                 |       |                      |
|                                      |                                 |       |                      |
| Nature of the transaction            |                                 |       |                      |
| Transaction type                     | Acquisition                     |       |                      |
| Share option program                 |                                 |       |                      |
| The transaction is linked to an exce | rsise of a share option program | ○ Yes | <ul><li>No</li></ul> |
| Currency of the transaction          |                                 |       |                      |
| Currency of the transaction Currency | Nov                             |       |                      |
| Currency                             | NOK                             |       |                      |
| Price(s) and volume(s)               |                                 |       |                      |
| Price per unit                       | 188.85                          |       |                      |
| Volume                               | 529                             |       |                      |
| Aggregated information               |                                 |       |                      |
| Average price per unit               | 188.85000                       |       |                      |
| Aggregated volume                    | 529                             |       |                      |
| Total amount                         | 99 901.650000                   |       |                      |
| Date of the transaction              |                                 |       |                      |
| Date                                 | 8/21/2024                       |       |                      |
|                                      |                                 |       |                      |
|                                      |                                 |       |                      |
| Place of the transaction             |                                 |       |                      |



|                           |                                  |                      | •  |
|---------------------------|----------------------------------|----------------------|--|
| The person liable:        |                                  |                      |  |
| PDMR                      | Closely associate person)        | ed person (natural   | <ul><li>Closely associated person (legal person)</li></ul> |
| Info about the one        | who reports                      |                      |  |
| Last name                 | GALT                             | UNG DØSVIG           |  |
| First name                | KIM                              |                      |  |
| Business name             |                                  |                      |  |
| About PDMR Last name      | НОВØ                             | jL                   |  |
| First name                | KJERS                            | STI HELEN KROKEIDE   |  |
| Position / role           | Mowi                             | Board member         |  |
| Initial natification      | or amondment to price            | r notification       |  |
|                           | or amendment to prior  Amendment | rnotification        |  |
| <ul><li>Initial</li></ul> | Amendment                        |                      |  |
| Details about the is      | suer or emission allow           | ance market particip | ant  |
| Business name             | М                                | owi ASA              |  |
|                           |                                  | 011171071            |  |



| Instrument                                     | Share                            |       |                      |
|--|----------------------------------|-------|----------------------|
| ISIN code                                      | NO0003054108                     |       |                      |
| Name of the financial instrument               |                                  |       |                      |
|  |                                  |       |                      |
| Natura of the transportion                     |                                  |       |                      |
| Nature of the transaction                      |                                  |       |                      |
| Transaction type                               | Acquisition                      |       |                      |
| Share option program                           |                                  |       |                      |
| The transaction is linked to an exc            | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|  |                                  |       |                      |
| Currency of the transaction                    |                                  |       |                      |
| Currency                                       | NOK                              |       |                      |
| Price(s) and volume(s)                         |                                  |       |                      |
| Price per unit                                 | 188.85                           |       |                      |
| Volume   | 1 059                            |       |                      |
| Assussated information                         |                                  |       |                      |
| Aggregated information  Average price per unit | 100.05000                        |       |                      |
|  | 188.85000                        |       |                      |
| Aggregated volume                              | 1 059                            |       |                      |
| Total amount                                   | 199 992.150000                   |       |                      |
| Date of the transaction                        |                                  |       |                      |
| Date   | 8/21/2024                        |       |                      |
|  |                                  |       |                      |
| Place of the transaction                       |                                  |       |                      |
| Trading venue                                  | XOSL - Oslo Børs                 |       |                      |
|  |                                  |       |                      |
| Comment  |                                  |       |                      |
|  |                                  |       |                      |



| The person liable:        |                             |                        |  |
|---------------------------|-----------------------------|------------------------|--|
| PDMR                      | Closely associated person)  | person (natural        | Closely associated person (legal person) |
| Info about the one        | e who reports               |                        |  |
| Last name                 | GALTU                       | NG DØSVIG              |  |
| First name                | KIM                         |                        |  |
| Business name             |                             |                        |  |
| About PDMR                |                             |                        |  |
| Last name                 | TEKSU                       | 4                      |  |
| First name                | LEIF                        |                        |  |
| Position / role           | Mowi B                      | oard member            |  |
| Initial notification      | or amendment to prior       | notification           |  |
| <ul><li>Initial</li></ul> | <ul><li>Amendment</li></ul> |                        |  |
|                           |                             |                        |  |
| Details about the is      | ssuer or emission allowa    | nce market participant | t  |
| Business name             | Mor                         | wi ASA                 |  |
| business name             | 110                         | VI AJA                 |  |



| Instrument                          | Share                            |       |                      |
|-------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                           | NO0003054108                     |       |                      |
| Name of the financial instrument    | ,                                |       |                      |
|                                     |                                  |       |                      |
|                                     |                                  |       |                      |
| Nature of the transaction           |                                  |       |                      |
| Transaction type                    | Acquisition                      |       |                      |
| Share option program                |                                  |       |                      |
| The transaction is linked to an exc | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                     |                                  |       |                      |
| <b>Currency of the transaction</b>  |                                  |       |                      |
| Currency                            | NOK                              |       |                      |
| Price(s) and volume(s)              |                                  |       |                      |
| Price per unit                      | 188.85                           |       |                      |
| Volume                              | 5 612                            |       |                      |
| Assessment of the formation         |                                  |       |                      |
| Aggregated information              |                                  |       |                      |
| Average price per unit              | 188.85000                        |       |                      |
| Aggregated volume                   | 5 612                            |       |                      |
| Total amount                        | 1 059 826.200000                 |       |                      |
| Date of the transaction             |                                  |       |                      |
| Date                                | 8/21/2024                        |       |                      |
|                                     |                                  |       |                      |
| Place of the transaction            |                                  |       |                      |
| Trading venue                       | XOSL - Oslo Børs                 |       |                      |
|                                     |                                  |       |                      |
| Comment                             |                                  |       |                      |
|                                     |                                  |       |                      |



|                           |   | , and the second |
|---------------------------|---|--|
| The person liable:        |   |  |
| PDMR                      | <ul><li>Closely associated person (na person)</li></ul> | Closely associated person (legal person)   |
| Info about the one        | e who reports   |  |
| Last name                 | GALTUNG DØSVIG  |  |
| First name                | KIM   |  |
| Business name             |   |  |
| About PDMR                |   |  |
| Last name                 | UTNES   |  |
| First name                | MARIT ØVERGÅRD  |  |
| Position / role           | Mowi Board member                                       | er   |
|                           |   |  |
|                           | or amendment to prior notification                      | 1  |
| <ul><li>Initial</li></ul> | Amendment   |  |
| Details about the is      | ssuer or emission allowance marke                       | t participant  |
|                           | 14 : 464  |  |
| Business name             | Mowi ASA  |  |



|                                      | ument/type of instrument        |       |                      |
|--------------------------------------|---------------------------------|-------|----------------------|
| Instrument                           | Share                           |       |                      |
| ISIN code                            | NO0003054108                    |       |                      |
| Name of the financial instrument     |                                 |       |                      |
|                                      |                                 |       |                      |
| Nature of the transaction            |                                 |       |                      |
| Transaction type                     | Acquisition                     |       |                      |
| Share option program                 |                                 |       |                      |
| The transaction is linked to an exce | rsise of a share option program | ○ Yes | <ul><li>No</li></ul> |
| Common and of the transport          |                                 |       |                      |
| Currency of the transaction          | Nov                             |       |                      |
| Currency                             | NOK                             |       |                      |
| Price(s) and volume(s)               |                                 |       |                      |
| Price per unit                       | 188.85                          |       |                      |
| Volume                               | 158                             |       |                      |
| Aggregated information               |                                 |       |                      |
| Average price per unit               | 188.85000                       |       |                      |
| Aggregated volume                    | 158                             |       |                      |
| Total amount                         | 29 838.300000                   |       |                      |
| Date of the transaction              |                                 |       |                      |
| Date                                 | 8/21/2024                       |       |                      |
|                                      |                                 |       |                      |
| Place of the transaction             |                                 |       |                      |
| Trading venue                        | XOSL - Oslo Børs                |       |                      |
|                                      |                                 |       |                      |
| Comment                              |                                 |       |                      |
|                                      |                                 |       |                      |



|                           |   | •  |
|---------------------------|---|--|
| The person liable:        |   |  |
| PDMR                      | <ul><li>Closely associated person (<br/>person)</li></ul> | natural Closely associated person (legal person) |
| Info about the one        | who reports   |  |
| Last name                 | GALTUNG DØSV  | IG   |
| First name                | KIM   |  |
| Business name             |   |  |
|                           |   |  |
| About PDMR                |   |  |
| Last name                 | KALLBEKKEN  |  |
| First name                | EIVIND  |  |
| Position / role           | Mowi Board men  | nber   |
|                           |   |  |
| Initial notification      | or amendment to prior notificati                          | ion  |
| <ul><li>Initial</li></ul> | Amendment   |  |
|                           |   |  |
| Details about the is      | suer or emission allowance mark                           | ket participant                                  |
| Business name             | Mowi ASA  |  |
|                           |   |  |



| Instrument                           | Share                            |       |                      |
|--------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                            | NO0003054108                     |       |                      |
| Name of the financial instrument     |                                  |       |                      |
|                                      |                                  |       |                      |
|                                      |                                  |       |                      |
| Nature of the transaction            |                                  |       |                      |
| Transaction type                     | Acquisition                      |       |                      |
| Share option program                 |                                  |       |                      |
| The transaction is linked to an exce | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                      |                                  |       |                      |
| <b>Currency of the transaction</b>   |                                  |       |                      |
| Currency                             | NOK                              |       |                      |
| Price(s) and volume(s)               |                                  |       |                      |
| Price per unit                       | 188.85                           |       |                      |
| Volume                               | 132                              |       |                      |
| A                                    |                                  |       |                      |
| Aggregated information               |                                  |       |                      |
| Average price per unit               | 188.85000                        |       |                      |
| Aggregated volume                    | 132                              |       |                      |
| Total amount                         | 24 928.200000                    |       |                      |
| Date of the transaction              |                                  |       |                      |
| Date                                 | 8/21/2024                        |       |                      |
|                                      |                                  |       |                      |
| Place of the transaction             |                                  |       |                      |
| Trading venue                        | XOSL - Oslo Børs                 |       |                      |
|                                      |                                  |       |                      |
| Comment                              |                                  |       |                      |
|                                      |                                  |       |                      |



|                           |                          |                      | ·  |
|---------------------------|--------------------------|----------------------|--|
| The person liable:        |                          |                      |  |
| PDMR                      | Closely associat person) | ed person (natural   | <ul><li>Closely associated person (legal person)</li></ul> |
| Info about the one        | who reports              |                      |  |
| Last name                 | GALT                     | UNG DØSVIG           |  |
| First name                | KIM                      |                      |  |
| Business name             |                          |                      |  |
|                           |                          |                      |  |
| About PDMR                |                          |                      |  |
| Last name                 | JOHA                     | NSEN                 |  |
| First name                | JOHN                     | OLAV                 |  |
| Position / role           | Mowi                     | Board member         |  |
|                           |                          |                      |  |
| Initial notification      | or amendment to prio     | r notification       |  |
| <ul><li>Initial</li></ul> | Amendment                |                      |  |
|                           |                          |                      |  |
| Details about the is      | suer or emission allow   | ance market particip | ant  |
| Business name             | M                        | lowi ASA             |  |
|                           |                          |                      |  |



| Instrument                           | Share                            |       |                      |
|--------------------------------------|----------------------------------|-------|----------------------|
| ISIN code                            | NO0003054108                     |       |                      |
| Name of the financial instrument     |                                  |       |                      |
|                                      |                                  |       |                      |
|                                      |                                  |       |                      |
| Nature of the transaction            |                                  |       |                      |
| Transaction type                     | Acquisition                      |       |                      |
| Share option program                 |                                  |       |                      |
| The transaction is linked to an exce | ersise of a share option program | ○ Yes | <ul><li>No</li></ul> |
|                                      |                                  |       |                      |
| <b>Currency of the transaction</b>   |                                  |       |                      |
| Currency                             | NOK                              |       |                      |
| Price(s) and volume(s)               |                                  |       |                      |
| Price per unit                       | 188.85                           |       |                      |
| Volume                               | 132                              |       |                      |
| A                                    |                                  |       |                      |
| Aggregated information               |                                  |       |                      |
| Average price per unit               | 188.85000                        |       |                      |
| Aggregated volume                    | 132                              |       |                      |
| Total amount                         | 24 928.200000                    |       |                      |
| Date of the transaction              |                                  |       |                      |
| Date                                 | 8/21/2024                        |       |                      |
|                                      |                                  |       |                      |
| Place of the transaction             |                                  |       |                      |
| Trading venue                        | XOSL - Oslo Børs                 |       |                      |
|                                      |                                  |       |                      |
| Comment                              |                                  |       |                      |
|                                      |                                  |       |                      |