

			•
The person liable:			
PDMR	Closely associated person)	d person (natural	Closely associated person (legal person)
Info about the one	e who reports		
Last name	GALTU	ING DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	VINDH	FIM	
First name	IVAN	L11 1	
Position / role	CEO		
	'		
Initial notification	or amendment to prior	notification	
Initial	Amendment		
Details about the i	ssuer or emission allowa	nce market participa	nt
Business name	Мо	wi ASA	



Instrument	Financial instrument linked to a share	or a debt instrum	nent
ISIN code			iciic
Name of the financial instrument	NO0003054108		
Share options allocation. Strike price	re of NOK 252.0070.		
Nature of the transaction			
Transaction type	Acceptance of a stock option		
Share option program			
	reice of a chare ention program	○ Voc	○ No
The transaction is linked to an exce	isise of a strate option program	O Yes	No
Currency of the transaction			
Currency	NOK		
Price(s) and volume(s)			
Price per unit	57.4		
Volume	200 000		
	250 000		
Aggregated information			
Average price per unit	57.40000		
Aggregated volume	200 000		
Total amount	11 480 000.000000		
Date of the transaction			
Date	6/16/2022		
Place of the transaction			
Trading venue	XOFF - Outside a trading venue		
Commont			
Comment			

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THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

The person liable:			
PDMR	Closely associ	iated person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	G/	ALTUNG DØSVIG	
First name	KI	M	
Business name			
About PDMR			
Last name	EL	LINGSEN	
First name	KR	ISTIAN	
Position / role	CF	0	
Turbini manifi anti-			
Initial notification	Or amendment to pi		
Initial	Amendme	ent —	
Details about the iss	suer or emission all	owance market particij	pant
Business name		Mowi ASA	



Instrument	Financial instrument linked to a share	or a debt instrum	ent
ISIN code	NO0003054108		
Name of the financial instrument	,		
Share options allocation. Strike pr	rice of NOK 252.0070.		
Nature of the transaction			
Transaction type	Acceptance of a stock option		
Share option program			
The transaction is linked to an exc	cersise of a share option program	○ Yes	No
		0 132	
Currency of the transaction			
Currency	NOK		
Price(s) and volume(s)			
Price per unit	57.4		
Volume	100 000		
Aggregated information			
Average price per unit	57.40000		
Aggregated volume	100 000		
Total amount	5 740 000.000000		
Date of the transaction	1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3		
Date of the transaction	6/16/2022		
	0, 10, 2022		
Place of the transaction			
Trading venue	XOFF - Outside a trading venue		
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FINANSTILSYNE	ı
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

		•
The person liable:		
PDMR	Closely associated person (natuperson)	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØSVIG	
First name	KIM	
Business name		
About PDMR		
Last name	OALAND	
First name	ØYVIND	
Position / role	COO Farming Norwa	у
Initial notification	or amendment to prior notification	
Initial	Amendment	
<u> </u>	<u> </u>	
Details about the is:	suer or emission allowance market	participant
Business name	Mowi ASA	



Instrument	Financial instrument linked to a share	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Share options allocation. Strike pric	e of NOK 252.0070.	
Nature of the transaction		
Transaction type	Acceptance of a stock option	
Share option program		
The transaction is linked to an exce	rsise of a share option program	○ Yes ● No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	57.4	
Volume	100 000	
Aggregated information		
Average price per unit	57.40000	
Aggregated volume	100 000	
Total amount	5 740 000.000000	
Date of the transaction		
Date	6/16/2022	
	127 - 27 - 2	
Place of the transaction		
	XOFF - Outside a trading venue	

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AUTHORITY OF NORWAY

The person liable:			
PDMR	Closely associated person)	Closely associated person (legal person)	
Info about the one	who reports		
Last name	GALTUNG	DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	Hadfield		
First name	Ben		
Position / role	COO Farm	COO Farming Scotland, Ireland, Faroes & Canada East	
Initial notification	or amendment to prior no	tification	
Initial	Amendment		
Details about the is	suer or emission allowance	e market participant	
Business name	Mowi A	ASA	



Description of the financial instrumer	nt/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Share options allocation. Strike price of N	NOK 252.0070.
Nature of the transaction	
Transaction type	Acceptance of a stock option
Share option program	
The transaction is linked to an excersise	of a share option program Yes No
The transaction is linked to an excessive	or a share option program
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	57.4
Volume	100 000
	100 000
Aggregated information	
Average price per unit	57.40000
Aggregated volume	100 000
Total amount	5 740 000.000000
Date of the transaction	
Date	6/16/2022
Place of the transaction	
Trading venue	XOFF - Outside a trading venue
Comment	

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The person liable:	
PDMR	Closely associated person (natural person) Closely associated person (legal person)
Info about the one	who reports
Last name	GALTUNG DØSVIG
First name	KIM
Business name	
About PDMR	I
Last name	Villarroel
First name	Fernando
Position / role	COO Farming Americas
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the iss	suer or emission allowance market participant
Business name	Mowi ASA
Dusiness name	



Description of the financial instrumer	nt/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Share options allocation. Strike price of N	NOK 252.0070.
Nature of the transaction	
Transaction type	Acceptance of a stock option
Share option program	
The transaction is linked to an excersise	of a share option program Yes No
The transaction is linked to an excessive	or a share option program
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	57.4
Volume	100 000
	100 000
Aggregated information	
Average price per unit	57.40000
Aggregated volume	100 000
Total amount	5 740 000.000000
Date of the transaction	
Date	6/16/2022
Place of the transaction	
Trading venue	XOFF - Outside a trading venue
Comment	

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The person liable:	
PDMR	Closely associated person (natural person)Closely associated person (legal person)
Info about the one	who reports
Last name	GALTUNG DØSVIG
First name	KIM
Business name	
About PDMR	
Last name	BRATTVOLL
First name	OLA NILSEN
Position / role	COO Sales & Marketing
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA
Dusiness name	Tiom 7.67



Description of the financial instrumer	nt/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Share options allocation. Strike price of N	NOK 252.0070.
Nature of the transaction	
Transaction type	Acceptance of a stock option
Share option program	
The transaction is linked to an excersise	of a share option program Yes No
The transaction is linked to an excessive	or a share option program
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	57.4
Volume	100 000
	100 000
Aggregated information	
Average price per unit	57.40000
Aggregated volume	100 000
Total amount	5 740 000.000000
Date of the transaction	
Date	6/16/2022
Place of the transaction	
Trading venue	XOFF - Outside a trading venue
Comment	

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		-
The person liable:		
PDMR	 Closely associated person (na person) 	Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØSVIG	3
First name	KIM	
Business name		
About PDMR		
Last name	KVIST	
First name	ATLE	
Position / role	COO Feed	
Initial notification	or amendment to prior notificatio	n
Initial	Amendment	
Details about the iss	suer or emission allowance marke	et participant
Business name	Mowi ASA	
Dusiness name		



Description of the financial instrumen	nt/type of instrument
Instrument	Financial instrument linked to a share or a debt instrument
ISIN code	NO0003054108
Name of the financial instrument	
Share options allocation. Strike price of N	IOK 252.0070.
Nature of the transaction	
Transaction type	Acceptance of a stock option
Share entire program	
Share option program The transaction is linked to an excercise of	of a chare ention program
The transaction is linked to an excersise of	of a share option program Yes No
Currency of the transaction	
Currency	NOK
Price(s) and volume(s)	
Price per unit	57.4
Volume	100 000
	100 000
Aggregated information	
Average price per unit	57.40000
Aggregated volume	100 000
Total amount	5 740 000.000000
Date of the transaction	
Date	6/16/2022
Place of the transaction	
Trading venue	XOFF - Outside a trading venue
Comment	

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			•
The person liable:			
PDMR	Closely associate person)	ated person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GA	LTUNG DØSVIG	
First name	KIN	1	
Business name			
About PDMR			
Last name	Mar	tins	
First name	Cat	arina	
Position / role	Chie	ef Technology Officer and	Chief Sustainability Officer
Tuitial matification			
Initial notificationInitial	or amendment to pri		
Tilludi	Amendmen		
Details about the is	ssuer or emission allo	wance market particij	pant
Business name		Μοινί ΔSΔ	
Business name LEI number		Mowi ASA 549300W1OGQF5LZIH3	10



Instrument	Financial instrument linked to a share	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Share options allocation. Strike pric	e of NOK 252.0070.	
Nature of the transaction		
Transaction type	Acceptance of a stock option	
Share option program		
The transaction is linked to an exce	rsise of a share option program	Yes No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	57.4	
Volume	25 000	
Aggregated information		
Average price per unit	57.40000	
Aggregated volume	25 000	
Total amount	1 435 000.000000	
Date of the transaction		
Date	6/16/2022	
Place of the transaction		
	XOFF - Outside a trading venue	

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The person liable:			
• PDMR	Closely associated person (natural person) Closely associated person (legal person)		
Info about the one who	o reports		
Last name	GALTUNG DØSVIG		
First name	KIM		
Business name			
About PDMR			
Last name	RIISE		
First name	ANNE LORGEN		
Position / role	Chief HR Officer		
Initial notification or a	mendment to prior notification		
Initial	Amendment		
Details about the issue	or emission allowance market participant		
Business name	Mowi ASA		
LEI number	549300W1OGQF5LZIH349		



	ment/type of instrument		
Instrument	Financial instrument linked to a share or a debt instrument		
ISIN code	NO0003054108		
Name of the financial instrument			
Share options allocation. Strike price	of NOK 252.0070.		
Nature of the transaction			
Transaction type	Acceptance of a stock option		
Share option program			
The transaction is linked to an excers	sise of a share option program	○ Yes ● No	
Currency of the transaction			
Currency	NOK		
Price(s) and volume(s)			
Price per unit	57.4		
Volume	25 000		
Aggregated information			
Average price per unit	57.40000		
Aggregated volume	25 000		
Total amount	1 435 000.000000		
Date of the transaction			
Date	6/16/2022		
Place of the transaction			
	XOFF - Outside a trading venue		

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KRT-1500 Template for notification of transactions by persons discharging managerial responsibilities (PDMR) and persons closely associated with them

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The person liable:			
PDMR	Closely associ	iated person (natural	Closely associated person (legal person)
About PDMR			
Last name	GA	ALTUNG DØSVIG	
First name	KI	M	
Position / role	IR	O & Head of Treasury	
Initial notification o	r amendment to p	rior notification	
Initial	○ Amendme	ent	
Details about the issu	uer or emission all	owance market partici	pant
Business name		Mowi ASA	
LEI number		549300W1OGQF5LZIH349	



Instrument	Financial instrument linked to a share	or a debt instrument
ISIN code	NO0003054108	
Name of the financial instrument		
Share options allocation. Strike pric	e of NOK 252.0070.	
Nature of the transaction		
Transaction type	Acceptance of a stock option	
Share option program		
The transaction is linked to an exce	rsise of a share option program	
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	57.4	
Volume	25 000	
Aggregated information		
Average price per unit	57.40000	
Aggregated volume	25 000	
Total amount	1 435 000.000000	
Date of the transaction		
Date	6/16/2022	
Place of the transaction		
	XOFF - Outside a trading venue	