FINANSTILSYNET
THE FINANCIAL SUPERVISORY
AUTHORITY OF NORWAY

The person liable:			
PDMR	Closely associa person)	ated person (natural	 Closely associated person (legal person)
Info about the one	who reports		
Last name	GA	LTUNG DØSVIG	
First name	KIN	4	
Business name			
About PDMR			
Last name	RII	SE	
First name	ANI	NE LORGEN	
Position / role	Chi	ef HR Officer	
Initial notification	or amendment to pr	ior notification	
Initial	Amendmer		
	7		
Details about the is:	suer or emission allo	wance market particip	ant
Business name		Mowi ASA	



Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excel	rsise of a share option program	
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL	, ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD,	AQEU, XPOS, AQEA, XDNB, TQI
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	la ror	
Last name	KVIST	
First name	ATLE	
Position / role	COO Feed	
Initial notification	or amendment to prior notification	
Initial	Amendment	
Details about the is:	suer or emission allowance market partic	cipant
Business name	Mowi ASA	



nstrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
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	155.3365	
Volume	193	
A construction of the formation		
Aggregated information Average price per unit	155 22650	
Aggregated volume	155.33650	
Total amount	29 979.944500	
	29 97 9.944300	
Date of the transaction Date	12/1/2022	
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	QEU, XPOS, AQEA, XDNB, TQI
market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	.QEU, XPOS, AQEA, XDNB, TQ
Comment		

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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	
About PDMR	
Last name	Hadfield
First name	Ben
Position / role	COO Farming Scotland, Ireland, Faroes & Canada East
Initial notification	or amendment to prior notification
Initial	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		
Share purchase in relation to emplo	vee share nurchase program	
'	yee share parenase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excel	rsise of a share option program	○ Yes ● No
Currency of the transaction		
Currency of the transaction Currency	NOK	
	NO.	
Price(s) and volume(s) Price per unit	155 2265	
Volume	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL, ITGL	
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD,	AQEU, XPOS, AQEA, XDNB, TQE
Comment		

FINANSTILSYNET
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The person liable:	
PDMR	Closely associated person (natural person) Closely associated person (legal person)
Info about the one	vho reports
Last name	GALTUNG DØSVIG
First name	KIM
Business name	
About PDMR	
Last name	Martins
First name	Catarina
Position / role	Chief Technology Officer and Chief Sustainability Officer
Initial notification	r amendment to prior notification
Initial	Amendment
	uer or emission allowance market participant
Details about the iss	
Details about the iss Business name	Mowi ASA



Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
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	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	AQEU, XPOS, AQEA, XDNB, TQE
Comment		

FINANSTILSYNET
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY

		•
The person liable:		
PDMR	Closely associated person (na person)	tural Closely associated person (legal person)
Info about the one	who reports	
Last name	GALTUNG DØSVIG	
First name	KIM	
Business name		
About PDMR		
Last name	Villarroel	
First name	Fernando	
Position / role	COO Farming Amer	ricas
Initial notification	or amendment to prior notification	n
Initial	Amendment	
Details about the is	suer or emission allowance market	t participant
Business name	Mowi ASA	



persons closely associa	ted with them	THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY
Description of the financial instru	ment/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employ	ee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excers	sise of a share option program	
The transaction is linked to air exects	isc of a share option program	103
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL

FINANSTILSYNET
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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	VINDHEIM
First name	IVAN
Position / role	CEO
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA
	·



	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excel	rsise of a share option program	○ Yes ● No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL	, ITGL
	CELLY BELLD COET YOU CELLD	AQEU, XPOS, AQEA, XDNB, TQE

FINANSTILSYNET
THE FINANCIAL SUPERVISORY
AUTHORITY OF NORWAY

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	WENGA	ARD	
First name	JØRGE	JOHANNESSEN	
Position / role	Employ	ee Board member	
Initial notification	or amendment to prior	actification	
	Amendment to prior	notification	
Initial	Amendment		
Details about the is	ssuer or emission allowa	nce market participar	nt
Business name	Mov	vi ASA	
Dusiness name	1.101	VI ASA	



persons closely associa	gerial responsibilities (PDMR) ated with them	THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY
Description of the financial instru	ument/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excel	rsise of a share option program	○ Yes ● No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGI
Market Identifier Code (MIC)		
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	QEU, XPOS, AQEA, XDNB, TQE

FINANSTILSYNE	•
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

The person liable: PDMR Closely associated person (natural Closely associated person (legal person) About PDMR Last name GALTUNG DØSVIG First name KIM Position / role IRO & Head of Treasury Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA				
About PDMR Last name GALTUNG DØSVIG First name KIM Position / role IRO & Head of Treasury Initial notification or amendment to prior notification Initial of Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA	The person liable:			
Last name First name KIM Position / role IRO & Head of Treasury Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA	PDMR		iated person (natural	
First name Position / role IRO & Head of Treasury Initial notification or amendment to prior notification Initial Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA	About PDMR			
Position / role IRO & Head of Treasury Initial notification or amendment to prior notification Initial	Last name	GA	ALTUNG DØSVIG	
Initial notification or amendment to prior notification Initial Amendment Amendment Details about the issuer or emission allowance market participant Business name Mowi ASA	First name	KI	M	
Initial	Position / role	IR	O & Head of Treasury	
Details about the issuer or emission allowance market participant Business name Mowi ASA	Initial notification	or amendment to p	rior notification	
Business name Mowi ASA	Initial	Amendme	ent	
HOW ASA	Details about the is:	suer or emission all	owance market particip	pant
	Business name		Mowi ASA	
LEI number 549300W1OGQF5LZIH349	LEI number		549300W10GQF5LZIH34	19



sons discharging manage persons closely associa	-	THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY
Description of the financial instru	ment/type of instrument	
Instrument	Share	
SIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employ	ee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excers	sise of a share option program	
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Disco of the transportion		
Place of the transaction Trading venue	Other trading venue	
_		ITCI
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	QEU, XPOS, AQEA, XDNB, TQE

FINANSTILSYNE	7
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

The person liable:			
PDMR	Closely assoc person)	iated person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GA	ALTUNG DØSVIG	
First name	KI	M	
Business name			
About PDMR			
Last name	EL	LINGSEN	
First name	KR	ISTIAN	
Position / role	CF	0	
Tuitiel metitiestics			
Initial notification	Or amendment to po		
Initial	Amendme	nt .	
Details about the iss	uer or emission all	owance market particip	pant
Business name		Mowi ASA	

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	nent/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employe	e share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excersi	se of a share option program	○ Yes ● No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue		ITO
Market Identifier Code (MIC)	BCEX, CBOE, SGMX, AQXE, XOSL,	
	CEUX, BEUP, GSEI, XOSL, CEUD, A	QEU, XPOS, AQEA, XDNB, TQE

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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	ANDERSEN
First name	LARS TORE
Position / role	Group Accounting Director
Initial notification	or amendment to prior notification
Initial	Amendment
Tincai) Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA
Dusiness name	The state of the s



	ification of transactions by erial responsibilities (PDMR) ted with them	FINANSTILSYNI THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY
Description of the financial instru	ment/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employ	ee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excers	sise of a share option program	
Currency of the transaction Currency	NOV	
currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
ridding vende		
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL

FINANSTILSYNE'	Ī
THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY	

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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	ANDERSEN
First name	MARIANNE
Position / role	Employee Board member
Initial notification	or amendment to prior notification
Initial	Amendment
Details about the is	suer or emission allowance market participant
Business name	Mowi ASA
	549300W1OGQF5LZIH349



l persons closely associa		AUTHORITY OF NORWAY
Description of the financial instru	ment/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employ	ee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
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	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD, A	QEU, XPOS, AQEA, XDNB, TQE

FINANSTILSYNET
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AUTHORITY OF NORWAY

			•
The person liable:			
PDMR	Closely associated poperson)	erson (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GALTUNG	DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	BRATTVOI	L	
First name	OLA NILS	EN	
Position / role	COO Sale	s & Marketing	
Initial notification	or amendment to prior no	tification	
Initial	Amendment		
Details about the is:	suer or emission allowanc	e market participan	t
Business name	Mowi .	ASA	



Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to emplo	yee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excel	rsise of a share option program	
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL	, ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD,	AQEU, XPOS, AQEA, XDNB, TQI
Comment		

FINANSTILSYNET
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AUTHORITY OF NORWAY

Closely associ person)	ated person (natural	0	Closely associated person (legal person)
ho reports			
GA	LTUNG DØSVIG		
KI	M		
OA	LAND		
ØY	VIND		
СО	O Farming Norway		
r amendment to pr	ior notification		
Amendment	nt		
er or emission allo	owance market partici	pant	
	Mowi ASA		
		849	
	person) Tho reports GA KI OA ØY CO r amendment to pr Amendme	GALTUNG DØSVIG KIM OALAND ØYVIND COO Farming Norway r amendment to prior notification Amendment Amendment er or emission allowance market partici	GALTUNG DØSVIG KIM OALAND ØYVIND COO Farming Norway r amendment to prior notification Amendment Amendment Description of the control



	fication of transactions by erial responsibilities (PDMR) eed with them	FINANSTILSYNE THE FINANCIAL SUPERVISORY AUTHORITY OF NORWAY
Description of the financial instrum	nent/type of instrument	
Instrument	Share	
ISIN code	NO0003054108	
Name of the financial instrument		
Share purchase in relation to employe	ee share purchase program	
Nature of the transaction		
Transaction type	Acquisition	
Share option program		
The transaction is linked to an excersi	se of a share option program	Yes No
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
	Other trading venue	
Trading venue		
Trading venue Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL,	ITGL

FINANSTILSYNET
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AUTHORITY OF NORWAY

The person liable:			
PDMR	Closely associat person)	ed person (natural	Closely associated person (legal person)
Info about the one	who reports		
Last name	GAL	TUNG DØSVIG	
First name	KIM		
Business name			
About PDMR			
Last name	PETT	ERSEN	
First name	ROG	ER ANDRE	
Position / role	Empl	oyee Board member	
Tritial notification		v notification	
Initial notification	or amendment to price Amendment		
Initial	Amendment		
Details about the iss	suer or emission allov	vance market participa	ant
Business name	N	1owi ASA	



ISIN code	ourchase program Acquisition	Yes ● No
Instrument ISIN code Name of the financial instrument Share purchase in relation to employee share in the transaction Transaction type Share option program	ourchase program Acquisition	Yes ● No
Name of the financial instrument Share purchase in relation to employee share purchase purchase in relation to employee share purchase pu	ourchase program Acquisition	Yes ● No
Share purchase in relation to employee share part of the transaction Transaction type Share option program	Acquisition	Yes No
Nature of the transaction Transaction type Share option program	Acquisition	Yes No
Transaction type Share option program		Yes
Share option program		Yes
		Yes
	hare option program	Yes No
THE GALISACTION IS THIRCU TO ALL EXCELSISE OF A S	are option program	TC3 (T) IVU
Currency of the transaction		
Currency	NOK	
Price(s) and volume(s)		
Price per unit	155.3365	
Volume	193	
Aggregated information		
Average price per unit	155.33650	
Aggregated volume	193	
Total amount	29 979.944500	
Date of the transaction		
Date	12/1/2022	
Place of the transaction		
Trading venue	Other trading venue	
Other trading venue	BCEX, CBOE, SGMX, AQXE, XOSL	., ITGL
Market Identifier Code (MIC)	CEUX, BEUP, GSEI, XOSL, CEUD,	AQEU, XPOS, AQEA, XDNB, TQE
Comment		