

1	Details of the person discharging managerial responsibilities/person closely associated									
a)	Name	<i>Peter Frederiksen</i>								
2	Reason for the notification									
a)	Position/status	<i>Primary insider and Member of the Board of Directors</i>								
b)	Initial notification/Amendment	<i>Initial notification</i>								
3	Details of issuer									
a)	Name	<i>MPC Container Ships ASA</i>								
b)	LEI	<i>213800MXS7CXYJ2Q1805</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 in MPC Container Ships ASA with ISIN NO0010791353</i>								
b)	Nature of the transaction	<i>Acquisition</i>								
c)	Price(s) and volume(s)	<table> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td><i>NOK 17.0439</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.2410</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.2208</i></td> <td><i>25,000</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 17.0439</i>	<i>25,000</i>	<i>NOK 17.2410</i>	<i>25,000</i>	<i>NOK 17.2208</i>	<i>25,000</i>
Price(s)	Volume(s)									
<i>NOK 17.0439</i>	<i>25,000</i>									
<i>NOK 17.2410</i>	<i>25,000</i>									
<i>NOK 17.2208</i>	<i>25,000</i>									
d)	Aggregated information	<i>75,000 shares for a total of NOK 1,287,645</i>								
e)	Date of the transaction	<i>2022-11-18</i>								
f)	Place of the transaction	<i>XOFF – Outside a trading venue</i>								

1	Details of the person discharging managerial responsibilities/person closely associated													
a)	Name	<i>Peter Frederiksen</i>												
2	Reason for the notification													
a)	Position/status	<i>Primary insider and Member of the Board of Directors</i>												
b)	Initial notification/Amendment	<i>Initial notification</i>												
3	Details of issuer													
a)	Name	<i>MPC Container Ships ASA</i>												
b)	LEI	<i>213800MXS7CXYJ2Q1805</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 in MPC Container Ships ASA with ISIN NO0010791353</i>												
b)	Nature of the transaction	<i>Acquisition</i>												
c)	Price(s) and volume(s)	<table border="0"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td><i>NOK 17.5957</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.85</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.7943</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.8377</i></td> <td><i>25,000</i></td> </tr> <tr> <td><i>NOK 17.7777</i></td> <td><i>25,000</i></td> </tr> </tbody> </table>	Price(s)	Volume(s)	<i>NOK 17.5957</i>	<i>25,000</i>	<i>NOK 17.85</i>	<i>25,000</i>	<i>NOK 17.7943</i>	<i>25,000</i>	<i>NOK 17.8377</i>	<i>25,000</i>	<i>NOK 17.7777</i>	<i>25,000</i>
Price(s)	Volume(s)													
<i>NOK 17.5957</i>	<i>25,000</i>													
<i>NOK 17.85</i>	<i>25,000</i>													
<i>NOK 17.7943</i>	<i>25,000</i>													
<i>NOK 17.8377</i>	<i>25,000</i>													
<i>NOK 17.7777</i>	<i>25,000</i>													
d)	Aggregated information	<i>125,000 shares for a total of NOK 2,221,385</i>												
e)	Date of the transaction	<i>2022-11-21</i>												
f)	Place of the transaction	<i>XOFF – Outside a trading venue</i>												