



ASX Code: PVD

20 March 2014

TRADING IN DIRECTOR'S INTERESTS

Pura Vida Energy NL (**Pura Vida** or the **Company**) advises that, Technical Director, David Ormerod has sold 1,000,000 shares on market. The sale of shares by Mr Ormerod was for personal reasons and to cover an existing tax liability. The trading was completed in accordance with the Company's Trading in Securities Policy.

Presently, neither Mr Ormerod, nor any of the other Directors of the Company have any intention to sell more shares.

Please see attached the requisite Appendix 3Y.

About Pura Vida Energy: Pura Vida is an Australian-based African oil explorer building a portfolio of high quality assets. Pura Vida currently has operations offshore Morocco, Gabon and Madagascar with significant resource potential and a fully funded high-impact drilling program.

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Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/09/01 Amended 01/01/11

Name of entity	Pura Vida Energy NL
ABN	11 150 624 169

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	David Ormerod
Date of last notice	6 February 2013

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Direct or indirect interest	Indirect
Nature of indirect interest (including registered holder) Note: Provide details of the circumstances giving rise to the relevant interest.	N/A
Date of change	19 & 20 March 2014
No. of securities held prior to change (a) Direct Interest (b) Indirect Interest – David Ormerod <Ormerod Family Inv A/C>	(a) 2,500,000 options exercisable at \$0.40 each on or before 6 September 2016 (b) 5,275,000 fully paid ordinary shares; 4,725,000 partly paid shares
Class	FPO
Number acquired	NIL
Number disposed	1,000,000
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	\$407,618

+ See chapter 19 for defined terms.

Appendix 3Y Change of Director's Interest Notice

No. of securities held after change	(c) 2,500,000 options exercisable at \$0.40 each on or before 6 September 2016 (d) 4,275,000 fully paid ordinary shares; 4,725,000 partly paid shares
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	Sale on market

Part 2 – Change of director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of “notifiable interest of a director” should be disclosed in this part.

Detail of contract	N/A
Nature of interest	N/A
Name of registered holder (if issued securities)	N/A
Date of change	N/A
No. and class of securities to which interest related prior to change Note: Details are only required for a contract in relation to which the interest has changed	N/A
Interest acquired	N/A
Interest disposed	N/A
Value/Consideration Note: If consideration is non-cash, provide details and an estimated valuation	N/A
Interest after change	N/A

Part 3 – +Closed period

Were the interests in the securities or contracts detailed above traded during a +closed period where prior written clearance was required?	No
If so, was prior written clearance provided to allow the trade to proceed during this period?	N/A
If prior written clearance was provided, on what date was this provided?	N/A

+ See chapter 19 for defined terms.