**15 July 2014**

 Falkland Islands Holdings plc

 ("FIH" or "the Company")

Directors Dealings

Falkland Islands Holdings plc, the AIM quoted international group which owns essential services businesses focused on retail, transport and logistics announces that, Mr. John Foster, a director of the Company, has notified the Company of the transfer today of 5,000 shares to his personal pension fund. There has been no change to the underlying beneficial ownership or to Mr. Foster's ultimate holding in the Company which remains at 61,153 Shares, including 279 matching Shares, representing 0.49 per cent. of the Company's 12,413,242 total voting rights.

Enquiries:

Falkland Islands Holdings plc

 David Hudd, Chairman Tel: 07771 893 267

 John Foster, Managing Director Tel: 01279 461 630

WH Ireland Ltd. - NOMAD and Broker to FIH

 Adrian Hadden / Nick Field Tel: 0207 220 1666

FTI Consulting

Edward Westropp / Georgina Goodhew Tel: 020 7831 3113