

**PRESS RELEASE JANUARY 15, 2010
VERMILION ENERGY TRUST ANNOUNCES \$0.19 CASH DISTRIBUTION
FOR FEBRUARY 15, 2010 PAYMENT DATE AND EXCHANGEABLE SHARE RATIO
INCREASE**



CALGARY, ALBERTA - Vermilion Energy Trust (VET.UN – TSX) is pleased to announce the cash distribution of \$0.19 per trust unit payable on February 15, 2010 to all unitholders of record on January 29, 2010. The ex-distribution date for this payment is January 27, 2010. Vermilion has paid cumulative distributions per unit totalling \$14.61 since inception as a Trust in January 2003.

Exchangeable Share Ratio Information

Upon conversion to a Trust in January 2003, some holders of shares in the predecessor company, Vermilion Resources Ltd., opted to hold exchangeable shares in place of Vermilion Energy Trust units. The following information applies only to those exchangeable shareholders and does not affect Vermilion Energy Trust unitholders.

The increase to the Exchange Ratio of the Exchangeable Shares of Vermilion Resources Ltd. will be from 1.80065 to 1.81089. Details used in the calculation of the Exchange ratio can be found on our website at <http://www.vermilionenergy.com/ir/exchangeableshares.cfm> or by contacting Vermilion's Investor Relations Department at (403) 269-4884.

The increase will be effective on January 15, 2010. A "Notice of Retraction" must be received by Computershare by January 20, 2010 to receive this exchange ratio. All notices received after this date will receive the exchange ratio to be determined on February 15, 2010. A holder of Vermilion Resources Ltd. Exchangeable Shares can exchange all or a portion of their holdings at any time for Vermilion Trust Units by completing a Retraction Request form. You can obtain a copy by contacting Computershare Trust Company of Canada at (403) 267-6894.

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