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SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

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FORM 8-K

CURRENT REPORT  
PURSUANT TO SECTION 13 OR 15(d) OF THE  
SECURITIES EXCHANGE ACT OF 1934

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Date of Report (Date of earliest event reported): July 26, 1999

PRIMUS TELECOMMUNICATIONS GROUP, INCORPORATED  
(Exact name of registrant as specified in its charter)

DELAWARE	0-29092	54-1708481
(State or Other Jurisdiction of	(Commission	(IRS Employer
Incorporation)	File Number)	Identification No.)

1700 OLD MEADOW ROAD, SUITE 300, MCLEAN, VIRGINIA	22102
(Address of principal executive offices)	(Zip Code)

Registrant's telephone number, including area code: (703) 902-2800

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ITEMS 1-4. NOT APPLICABLE.

ITEM 5.

Primus Telecommunications Group, Incorporated (the "Company") announced today that it has extended its exchange offer of its outstanding unregistered 11 1/4% Senior Notes due 2009 for registered 11 1/4% Senior Notes due 2009. The exchange offer will now expire at 5:00 p.m., New York City time, Thursday, August 12, 1999, or such later date and time to which it may be subsequently extended.

ITEMS 6. NOT APPLICABLE.

ITEMS 7. c) Exhibits

Exhibit 99.1 Press Release dated July 26, 1999, issued by the Company.

ITEMS 8. NOT APPLICABLE.

#### SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

PRIMUS TELECOMMUNICATIONS  
GROUP, INCORPORATED

By: /s/ Neil L. Hazard  
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Neil L. Hazard  
Executive Vice President  
and Chief Financial Officer

Date: July 26, 1999

[LOGO OF PRIMUS TELECOMMUNICATIONS GROUP, INCORPORATED]

FOR IMMEDIATE RELEASE

Contact:

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Jordan Darrow  
Vice President, Investor Relations  
PRIMUS Telecommunications  
(212) 703-0116

PRIMUS TELECOMMUNICATIONS ANNOUNCES EXTENSION OF EXCHANGE OFFER

McLean, VA, July 26, 1999 - PRIMUS Telecommunications Group, Incorporated (Nasdaq: PRTL), a global facilities-based voice, data, and Internet telecommunications provider, announced today that it has extended its exchange offer of its outstanding unregistered 11 1/4% Senior Notes due 2009 (the "Senior Notes") for registered 11 1/4% Senior Notes due 2009. The Senior Notes were issued in January 1999 and are being exchanged for registered notes as required by a registration rights agreement.

Primus is extending the exchange offer in order to complete the pro forma financial statements that are required by securities regulations, which will reflect Primus' acquisition of the retail business of Telegroup, Inc. The exchange offer will now expire at 5:00 p.m., New York City time, Thursday, August 12, 1999, or such later date and time to which it may be subsequently extended.

This announcement is not an offer to exchange or a solicitation of an offer to exchange with respect to any of the Senior Notes. The exchange offer is made solely by the Prospectus dated May 7, 1999, as the same may be amended or supplemented from time to time.

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