
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 8-K

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

Date of Report (Date of earliest event reported): July 12, 1999

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

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

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

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

ITEMS 1-4. NOT APPLICABLE.

ITEM 5.

Primus Telecommunications Group, Incorporated 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, Monday, July 26, 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 12, 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/ John F. DePodesta

John F. DePodesta
Executive Vice President

Date: July 12, 1999

[LOGO OF PRIMUS TELECOMMUNICATIONS GROUP, INCORPORATED]

FOR IMMEDIATE RELEASE

Contact:

- - - - -

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

PRIMUS TELECOMMUNICATIONS ANNOUNCES
EXTENSION OF EXCHANGE OFFER

McLEAN, VA, July 12, 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 exchange offer will now expire at 5:00 p.m., New York City time, Monday, July 26, 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.

--END--