Instruction for Exporting from Adobe InDesign

Go to File > Export and choose Adobe PDF (Print).

In the Marks and Bleeds panel:

Uncheck Crop Marks
Uncheck Bleed Marks
Uncheck Registration Marks
Uncheck Color Bars
Uncheck Page Information

Check Use Document Bleed Settings
Set the Bleed to 0,78 inch on all sides (Top, Bottom, Left, Right)

In the Output panel:
Set Color Conversion to Convert to Destination (Preserve Numbers)
Set Destination to Coated FOGRA39
Set Profile Inclusion Policy to Include Destination Profile

Export the PDF.