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 5 mm 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.