

# Your Guide to Prepare for Childbirth Trip to Germany



## Documents and Visa Requirements

- Valid passport or travel document with at least 3 months validity beyond the planned stay.
- Schengen visa for short stays (up to 90 days within a 180-day period). Visit [auswaertiges-amt.de](https://auswaertiges-amt.de) for details based on your country.
- Medical insurance with coverage in Germany.
- Prenatal medical records, blood test results, ultrasound scans, and any other relevant medical history.
- Clinics in Germany can provide additional diagnostics and tests if required.



## Accommodation Options

Accommodation is not provided by the clinic and must be self-booked. Partner hotels may offer discounts. Hospital stays for childbirth are usually included in the medical package. Average hotel stay per night is approximately €100-€150.



## Transfer Services

- Some clinics offer free airport transfers, while others may charge a fee.
- Popular taxi services include Free Now, MyTaxi, and local companies with fares starting from €2 per kilometer.



## Interpreter Services

Interpreter services can be arranged by the clinic, usually for a fee. Some facilities may include this service for free as part of the childbirth package.



## Payment Methods

- Payments can be made using cash or card.
- The local currency is the Euro (€), and it's recommended to have some for smaller expenses.
- While some places may accept dollars or euros, it's more convenient to use Euros in Germany.



## Pre-Op Childbirth Tips

- Follow a balanced diet and stay hydrated leading up to your childbirth.
- Participate in prenatal exercises or childbirth classes if possible.
- Discuss your birth plan and any preferences with your medical coordinator beforehand.
- Pack necessary items for your hospital stay, including clothing for you and the baby, and any comfort items.
- Ensure you have all necessary contact information for your clinic and medical coordinator.
- Plan for adequate rest and recovery after childbirth, including support for any postnatal needs.
- All postoperative instructions will be provided by your childbirth doctor.



**Connect with a Bookimed coordinator for clinic search and trip planning assistance**

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**Prepared by Medical Coordinator**

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Your personal medical assistant will be with you shortly.  
Please stay tuned.