

Dear [Former Employer's Name],

I hope this message finds you well. I am writing to seek your support as I apply for an internship position at [Company/Organization Name]. I truly enjoyed my time working under your guidance at [Previous Company Name] and believe your insights could greatly enhance my application.

During my tenure, I gained valuable skills in [mention relevant skills or experiences], and I am eager to leverage these experiences in my upcoming internship. I would greatly appreciate it if you could provide a recommendation highlighting my contributions and skills.

Please let me know if you would be willing to assist me with this request. I can provide any additional information you might need to make the process easier.

Thank you very much for considering my request. I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Contact Information]