

Dear [Friend's Name],

I just wanted to take a moment to say how incredibly proud I am of you for embarking on this cultural exchange journey. This is such a brave step, and I truly believe it will be a life-changing experience for you.

Embrace every moment, learn as much as you can, and don't forget to take notes on all the amazing things you will encounter. Remember that it's okay to feel a little nervous; this is all part of the adventure!

Know that I am always here for you, cheering you on from afar. I can't wait to hear all about your experiences and the incredible people you'll meet along the way.

Travel safe and enjoy every second of this new chapter in your life!

With all my support,

[Your Name]