Date: [Insert Date]

To Whom It May Concern,

I am writing to wholeheartedly recommend [Friend's Name] for the cultural exchange program. As [his/her/their] [relationship to the friend, e.g., colleague, mentor, etc.] for [number] years, I have had the pleasure of witnessing [his/her/their] passion for cultural understanding and innovation.

[Friend's Name] has consistently demonstrated an eagerness to connect with diverse cultures and share valuable insights. [He/She/They] are not only knowledgeable but also has the exceptional ability to engage and inspire others around [him/her/them]. [Friend's Name]'s involvement in [specific activities or projects] exemplifies [his/her/their] commitment to cultural exchange.

I believe that [his/her/their] participation in this program will benefit both [him/her/them] and the community [he/she/they] will engage with, fostering mutual respect and understanding.

Thank you for considering [Friend's Name] for this opportunity. I am confident that [he/she/they] will make a significant positive impact.

Sincerely,

[Your Name]
[Your Title/Position]
[Your Contact Information]