Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the cultural exchange program submitted on [submission date]. I am eager to know the status of my application and whether any further information is required from my side.

Thank you for considering my application. I look forward to your positive response.

Warm regards,

[Your Name]

[Your Address]

[Your Email]

[Your Phone Number]