Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the telecommunications internship position I submitted on [date of application]. I am very enthusiastic about the opportunity to contribute to [Company's Name] and gain valuable experience in the field.

I would greatly appreciate any updates regarding my application status. Thank you for considering my application; I am looking forward to the possibility of working with your esteemed team.

Best regards,

[Your Name]

[Your Phone Number]

[Your Email Address]