

**[Your Full Name]**

[Address, City, State, Zip Code]

[Phone Number]

[Email Address]

[LinkedIn Profile URL / Portfolio Link]

[Date]

[Principal Investigator or Hiring Manager Name]

[Laboratory Name / Department]

[Institution/Company Name]

[Address, City, State, Zip Code]

Dear [Dr./Mr./Ms. Last Name],

I am writing to express my strong interest in the **[Title of Internship]** at **[Laboratory Name]**, as advertised via **[Source of Job Posting]**. As a **[Year of Study]** student majoring in **[Major/Field of Study]** at **[University Name]**, I have followed your lab's work regarding **[Specific Research Area/Recent Publication]** and am eager to contribute to your current projects.

My academic background has provided me with a solid foundation in **[Specific Subject A]** and **[Specific Subject B]**. Through my coursework and previous lab experience, I have developed proficiency in several technical protocols, including:

- [Technical Skill/Technique 1, e.g., PCR, Gel Electrophoresis]
- [Technical Skill/Technique 2, e.g., Titration, Spectrophotometry]
- [Technical Skill/Technique 3, e.g., Data Analysis using R/Python]

In my previous **[Project/Role]** at **[Location]**, I was responsible for **[Brief Description of Responsibility]**. This experience sharpened my attention to detail, my ability to maintain precise laboratory notebooks, and my adherence to rigorous safety protocols. I am particularly drawn to your lab because of your innovative approach to **[Specific Scientific Problem]**, and I am confident that my dedication and technical aptitude make me a valuable candidate for your team.

Attached is my resume and **[any other required documents, e.g., transcripts]** for your review. I would welcome the opportunity to discuss how my skills align with the goals of **[Laboratory Name]**. Thank you for your time and consideration.

Sincerely,

[Your Signature (if sending by mail)]

**[Your Typed Name]**