This is an example of well balanced professional motivation/cover letter. Take inspiration and adjust at your best convenience.

To Whom It May Concern,

I am writing to express my interest in XXXXXXXXX in mobility for traineeship, as a great opportunity is provided to boost my experience and knowledge through such professional program/renowned architectural firm, and for a young man/woman of imagination and keenness I cannot conceive a more attractive way of enhancement.

My decision to participate in this program stems from my (desire to be part of the ongoing research and innovation in the construction of state-of-the-art infrastructure for millions of people). Thus, having investigated a number of possibilities for internship around Europe, I managed to find one which can prepare me with a honed comprehension of the field I am enthusiastically interested in for my academic and professional future.

I had previously been engaged in a research activity in the field of structural health monitoring which aimed at identifying damages in truss bridges based on wavelet transformation and finite element model updating. This project suggested vigorous methods for real-time detection of damages. Since starting my graduate studies in University of Bologna in Historic Building Rehabilitation program, I have been carefully investigating how I can incorporate the application of such cutting-edge technology and procedures in preservation of historic buildings and cultural heritages.

However, due to the fact that application of mentioned techniques in damage detection is a brand-new field, there are not many institutes/architectural firms which can offer a well-established opportunity to an intern.

I'm particularly interested in (Use of Artificial Intelligence and other ICT trending issues such as machine learning, data processing and etc. in condition monitoring of historic buildings is such a novel approach that is not very much common at this time). Therefore, this internship is a unique experience due to the XXXXXXX background and research contribution in this field, especially the one XXXXXXXX works in XXXXXXXX.

Therefore, based on this enthusiasm and considering my research experience and potential skills, this traineeship period is compatible with all my plans for M.Sc. thesis as well as my dreams in extending my knowledge in the mentioned field. Additionally, nothing like doing research can satisfy me and give me the feeling of usefulness. Therefore, this international collaborative program may help me to achieve my ultimate goal, which is becoming a XXXXXXXX (i.e. PhD student at a prestigious university or a professional researcher within cutting-edge technology laboratories or institutes).

This achievement would be the best acknowledgement I can offer to all who supported me in my education path. Therefore, I highly appreciate a chance in XXXXXXX for traineeship to grow as a researcher and, certainly, an architect. Thank you for taking the time to consider my application. I am looking forward to hearing from you.

Kind regards,

CV template

Personal information	
First and last name	
Address	
telephone	
e-mail	
Linkedin	

Education & Training			
period	Title (PhD, MAs, BA, etc.)		
20xx-20yy	Institution full name (including location)		
Or 20xx-ongoing	Mark/grade if available		
	Main topics		
period	Workshop, Seminars, Courses, etc. (participation)		
20xx-20yy	Institution full name (including location)		
Or 20xx-ongoing	Mark/grade if available		
	Main topics		
	This is replicated for each single experience		

Work experience	
period	Role/position
20xx-20yy	Institution full name (including location)
Or 20xx-ongoing	Responsibilities
	Main topics
	The list includes only jobs pertinent to the field of application
	This is replicated for each single experience

Personal skills					
Organisational/managerial	Short list/description (i.e., Interpersonal & Leadership Skills, Project				
skills	Management & Organization, Research & Information Management,				
	Effective Written & Oral Communication gained through my experience				
	as a structural engineer)				
Job-related skills	Short list/description (i.e., Computational Engineering, Numerical				
	Analysis and Problem-Solving gained through my experience				
	as graduate student)				
Digital skills	Short list/description (i.e., Matlab, C, C++, OpenSees, Etabs, SAP2000,				
	Safe, AutoCAD, ArchiCAD, PhotoScan, Modo, Cloud				
	Compare, GeoMagic, Microsoft Office, Adobe Photoshop, Adobe				
	Illustrator				
Native language					
Foreign language					
	understanding		speaking		writing
	listening	reading	interaction	production	
English	C1	C1	B1	B2	B2

	Certificate:				
Spanish	B1	B1	A2	A2	B1
	Certificate:				

Additional information		
publications		List of publication
		(scientific publication only or publications about your own work)
Research interests		Short list/description
Research experiences	List of experiences	
		(including the hosting institution, the topic, the supervisor, the duration)
Honours and awards		Short list/description
		(Pertinent to the professional domain)
Memberships	Short list/description	
		(Pertinent to the professional domain, i.e. architect associations or similar)

Remember to make the table frame transparent at the end before producing your pdf file.

Feel free to add a portfolio concerning your work products (drawings, projects, models, articles) in a free format in a separate file possibly not exceeding 5 Mb.