```
[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Recipient's Name]
[Recipient's Position]
[Embassy/Consulate Name]
[Embassy/Consulate Address]
[City, State, Zip Code]
Subject: Travel History Declaration Letter
Dear [Recipient's Name],
I am writing to provide a declaration of my travel history as requested
for the processing of my visa application. Below is a summary of my
travel history over the past [number of years] years:
1. **Country Visited**: [Country Name]
 - **Date of Travel**: [Start Date] to [End Date]
 - **Purpose of Visit**: [Business/Tourism/Study/etc.]
 - **Visa Details**: [Visa Type, if applicable, and visa number]
2. **Country Visited**: [Country Name]
 - **Date of Travel**: [Start Date] to [End Date]
 - **Purpose of Visit**: [Business/Tourism/Study/etc.]
 - **Visa Details**: [Visa Type, if applicable, and visa number]
[Continue the list as needed for additional countries.]
I confirm that all information provided is accurate and complete to the
best of my knowledge. Should you require any further details or
documentation, please do not hesitate to contact me.
Thank you for your attention to this matter.
Sincerely,
[Your Signature (if sending a hard copy)]
[Your Printed Name]
```