Sample Letter (Addressed to USCIS)
Date
Dear Sir/Madam:
I would like to request permission to work so that I may take advantage of the recreational and cultural activities here in the US. My earning will not be needed to support my family or my spouse (give his/her name).
(J-1's name) is a (J-1's degree level) in the department of (give department name) at the University of Florida. He/she is sponsored by (Give Sponsor/department), and receives \$ per year.
Sincerely,
Sign your name (Print your name)