

Template

Personal Statement Declaration Template

LGBTQ+ Association Far

How to use this template

This template is meant to help you structure your personal statement, also called a declaration letter, for your asylum application. It follows the standard three-part structure that immigration authorities expect to see: an introduction, a body, and a conclusion.

Fill in each bracketed section with your own information. The example text under the Body section is drawn from a real declaration and shows the level of detail, specificity, and directness you should aim for: concrete dates, named incidents, and a clear line drawn between what happened to you and why you fear return.

Header

Full Name

Date of Birth

City/State of Birth, Country

Don't fill this part out yet. We'll add this later before your submission.

Disclaimer*

LGBTQ Assoc. FAR is an independent organization and is not affiliated with any government authorities or official asylum-processing institutions. We hold no influence over government entities, decision-making processes, or the outcomes of asylum applications. Our staff and volunteers are not licensed immigration advisers, attorneys, financial advisors, or travel agents. None of our communications or content constitute legal, financial, or travel advice. All information we provide is free, compiled from public, government, and international sources to help you make informed decisions for your safety and needs. While we aggregate and clarify this data, we strongly encourage consulting certified attorneys, immigration advisers, accountants, and other qualified professionals. For more information on these resources please see our webiste at **lgbtqfar.org**.

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Personal Statement

Introduction

Introduce yourself. State your identity: your name, your gender, your age, and where you are from. Include other relevant identifying information such as racial demographic, gender identity, etc. State your reason for seeking asylum.

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Body

Give a brief but detailed explanation of your experience, your fears, and how you have tried to get help or were prevented from trying to get help. Include dates wherever you can. Name each piece of supporting evidence and tie it directly to yourself or your experience.

Example

"I have been subjected to travel limitations and my legal identity as my correct gender has been invalidated as of April 2026. I have endured verbal and emotional abuse from my immediate family and I have been severely limited from participation in public spaces and events because of my gender identity. I have sought help from the police in two separate instances of abuse and they declined to make a report or press charges. The dates the events were the 3rd of January 2026 and the 20th of November 2025. I am seeking asylum because I fear for my life and have been unable to get protection or remedy from the police or the courts."

Your Body Section

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Conclusion

Summarize your introduction and body. List your pieces of evidence.

Signature / Date

Don't fill this part out yet. We'll add this later before your submission.

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