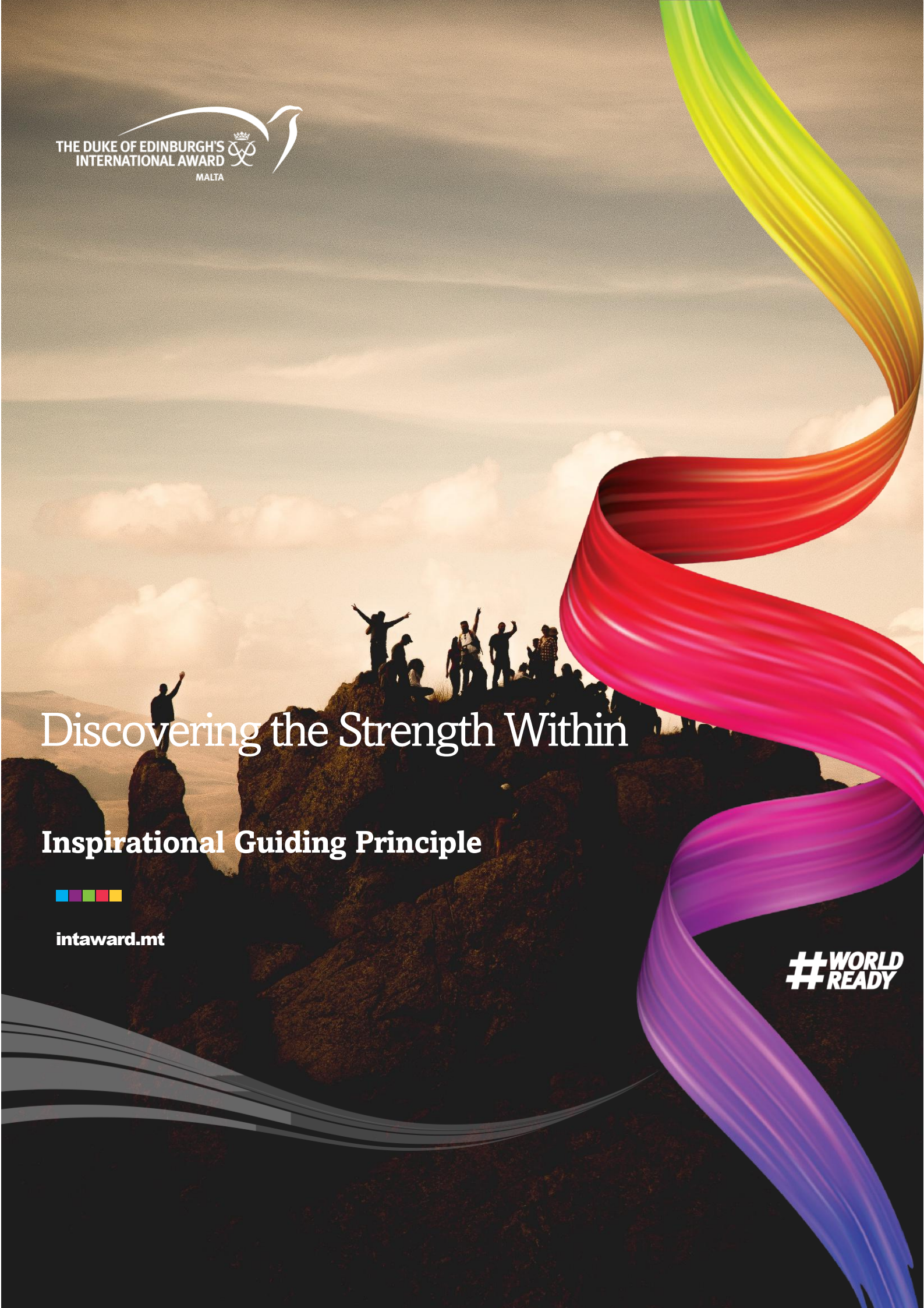
THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
MALTA
Discovering the Strength Within
Inspirational Guiding Principle
intaward.mt
#WORLD READY

Why Inspiration Matters

Inspiration is contagious. When young people commit to a journey of growth, resilience, and service, they don't only transform themselves—they influence everyone around them. That is the essence of the Inspirational guiding principle in the Duke of Edinburgh's International Award.

Being inspirational doesn't require a spotlight or applause. It comes from modelling values, showing perseverance, and living with purpose. It is leadership through authenticity. Award participants often become role models not because they try to—but because their actions speak for them.

In a world where negativity often dominates the headlines, the Award nurtures young people who choose to lead through kindness, initiative, and service. Their example shows peers—and even adults—what courage, dedication, and compassion truly look like. And it is in this ripple effect that the Award's inspirational power becomes unmistakable.

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What Inspiration Looks Like

Being inspirational is not about perfection. It's about being real and committed. Here's how inspiration naturally grows through the Award:

Showing Up Authentically: When you choose activities that genuinely matter to you, your passion naturally shines through. People around you notice when you're doing something you truly care about, and it quietly encourages them to explore what matters to them, too. By simply being yourself, you show others that inspiration begins from within.

Sharing your Journey: When you talk about your Award experiences—whether in conversations, school assemblies, or at events—you give others a real glimpse into your growth. Your honesty about the challenges you faced and the moments you're proud of can help someone else realise they're capable of the same. Your story might be exactly what someone needs to hear to start their own journey.

Lifting Others Along the Way: When you support a teammate, welcome a new participant, or offer a bit of encouragement, you make the Award a shared and uplifting experience. Those small acts—helping someone practise a skill, walking beside a friend on a tough day, or celebrating someone's progress—can make a bigger difference than you realise. Your kindness creates a positive ripple effect that others feel..

Becoming a Catalyst for Change: Through your Award journey, you may find yourself starting a new initiative, taking the lead in a project, or standing up for something you believe in. Your actions show that anyone—with commitment and heart—can spark meaningful change. What begins as your personal development can grow into something that positively impacts your school, your community, or even beyond..

Real Stories, Real Impact: Jake's Experience

Jake, a 17-year-old from Mosta, had always been the quiet one. Introverted and unsure of his abilities, he never imagined he could make a difference to anyone. He joined the Bronze Award quietly; gently encouraged by a teacher who recognised his calm strength.

For his Voluntary Service, Jake began mentoring younger students who found reading challenging. He was paired with Liam, a 10-year-old who had recently moved to Malta and was struggling to settle socially and academically.

The first sessions were awkward and quiet. But Jake kept showing up, every week, bringing books he hoped Liam would enjoy, trying funny voices to make reading fun, and listening with patience.

Slowly, Liam began reading aloud. He smiled more. He relaxed. And one day, he walked in with a homemade thank-you card. Inside was a drawing of the two of them reading, with the words: **"You make me feel brave."**

That moment changed Jake.

"I didn't think I had anything special to give," he shared. "But just by showing up and caring, I helped someone feel seen. And that made me believe in myself too."

Word of Jake's impact spread. He was invited to speak at a school assembly, something he never imagined doing. He didn't try to be someone else; he simply told his story. By year's end, two classmates had joined the Award because of him, and the school launched a buddy-reading programme inspired by his journey.

Jake never asked for recognition. But his quiet courage inspired change, not only for Liam, but for an entire community.

For Participants: You Might be Inspiring Someone Already

Own your impact: Leadership doesn't require being the loudest. Be genuine—people notice.

Share your story: Your experiences might be exactly what someone else needs to hear.

Encourage others: Invite a friend to start their own Award journey.

Lead through action: Your consistency, kindness, and service can light the way for others.

For Leaders and Mentors: Creating an Environment That Sparks Inspiration

Celebrate different types of role models, both quiet and outgoing.

Create opportunities to share stories, such as assemblies, events, or group discussions.

Empower peer leadership, allowing participants to guide sessions or support new members.

Help young people recognise their impact, even when they don't see it themselves.

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Closing Thought

The Duke of Edinburgh's International Award doesn't only develop capable participants; it nurtures leaders. Not always the kind who stand on podiums, but those who inspire through commitment, empathy, and authenticity.

In a world in need of hope, resilience, and compassion, the Award empowers young people to step up—not for applause, but for meaningful impact.

Because when one person grows, they can inspire a whole community to believe in what's possible.

And the last in the Series: Progressive

intaward.mt
admin@intaward.mt | +356 7980 8283

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