# Teenagers embrace digital detox during grueling Ten Tors Challenge on Dartmoor



Taking part in the Ten Tors Challenge on Dartmoor, young participants experienced an extraordinary 48-hour journey into nature, devoid of digital distractions. As part of the event's rules, which are designed to foster self-sufficiency and resilience, these teenagers surrendered their mobile phones, prompting a unique "digital detox." For many, this marked a significant departure from their routine reliance on technology, allowing them to reconnect with the outdoors and their peers.

One participant, Milly from Ivybridge Community College, epitomised the struggle faced by her generation. “I think this generation finds it so hard to be away from their phones,” she remarked. Interestingly, Milly noted that she missed listening to music the most, as it provided necessary motivation during the trek. In a spirited display of camaraderie, her team adopted a creative solution—singing together to lift their spirits when music was absent. This improvisation highlights a broader trend among young people: the challenge of detaching from technology while seeking alternative means of connection and engagement.

Conducted over a weekend, the Ten Tors Challenge gathered approximately 2,400 teenagers, tasked with navigating Dartmoor's rugged terrain. Organised by the British Army, the event demands participants to be fully self-sufficient, carrying all necessary supplies, which encapsulates the ethos of resilience and teamwork. The teams, typically comprising six members, traverse routes of varying lengths—35, 45, or even 55 miles—depending on their age group. The challenge not only tests physical endurance but also fosters essential navigational skills, bolstering both personal growth and collective spirit among the participants.

Team leader Huccaby Brown reflected on the rarity of opportunities for young people to spend time away from their screens, emphasising the challenge as a chance to engage meaningfully with their surroundings. This sentiment was echoed by many participants, who found respite from their digital lives a refreshing and enriching experience.

The Ten Tors Challenge represents more than just a physical test; it acts as a platform for young individuals to build resilience, develop teamwork, and navigate life without the constant presence of technology. This military-led initiative also plays a vital role in Exercise Wyver Tor, a high-level resilience exercise involving multiple military branches and local emergency services, showcasing the collaborative effort to nurture the next generation.

As the world increasingly intertwines with technology, the importance of such experiences cannot be overstated. They not only provide young people with a break from their screens but also serve to instil essential life skills, foster community spirit, and encourage a deeper appreciation for the natural world around them.

### Reference Map

1. Paragraphs 1, 2, 3
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Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.bbc.co.uk/news/articles/c5y53nwn1p1o> - Please view link - unable to able to access data
2. <https://www.bbc.co.uk/news/articles/c5y53nwn1p1o> - An article detailing how teenagers participating in the Ten Tors Challenge on Dartmoor experienced a 48-hour 'digital detox,' surrendering their mobile phones as part of the event rules. Participants, like Milly from Ivybridge Community College, found it challenging to be away from their phones but adapted by singing together to replace listening to music. Team leader Huccaby Brown noted the rarity of young people having time without their phones, emphasizing the opportunity to engage with the world beyond screens.
3. <https://www.army.mod.uk/news-and-events/news/2023/05/thousands-of-youngsters-rise-to-the-ten-tors-challenge/> - A report on the Ten Tors Challenge, where 2,400 teenagers navigated Dartmoor's rugged terrain over two days. The event, organized by the British Army, required participants to be self-sufficient, carrying all necessary supplies. The challenge aimed to develop resilience, teamwork, and navigational skills among young people, with teams of six covering routes of 35, 45, or 55 miles, depending on age.
4. <https://www.army.mod.uk/news-and-events/news/2022/05/thousands-take-part-in-milestone-tor-de-force-on-dartmoor/> - Coverage of the Ten Tors Challenge, where 2,491 teenagers from across the South West of England participated in the event. The challenge, known as the 'Ten Tors Challenge,' serves as a backdrop for Exercise Wyver Tor, a high-level military resilience exercise led by the British Army’s Headquarters South West. The event is supported by various agencies, including the Royal Navy, Royal Air Force, and local emergency services.
5. <https://www.army.mod.uk/news-and-events/news/2022/05/thousands-take-part-in-milestone-tor-de-force-on-dartmoor/> - Coverage of the Ten Tors Challenge, where 2,491 teenagers from across the South West of England participated in the event. The challenge, known as the 'Ten Tors Challenge,' serves as a backdrop for Exercise Wyver Tor, a high-level military resilience exercise led by the British Army’s Headquarters South West. The event is supported by various agencies, including the Royal Navy, Royal Air Force, and local emergency services.
6. <https://www.army.mod.uk/news-and-events/news/2023/05/thousands-of-youngsters-rise-to-the-ten-tors-challenge/> - A report on the Ten Tors Challenge, where 2,400 teenagers navigated Dartmoor's rugged terrain over two days. The event, organized by the British Army, required participants to be self-sufficient, carrying all necessary supplies. The challenge aimed to develop resilience, teamwork, and navigational skills among young people, with teams of six covering routes of 35, 45, or 55 miles, depending on age.
7. <https://www.army.mod.uk/news-and-events/news/2023/05/thousands-of-youngsters-rise-to-the-ten-tors-challenge/> - A report on the Ten Tors Challenge, where 2,400 teenagers navigated Dartmoor's rugged terrain over two days. The event, organized by the British Army, required participants to be self-sufficient, carrying all necessary supplies. The challenge aimed to develop resilience, teamwork, and navigational skills among young people, with teams of six covering routes of 35, 45, or 55 miles, depending on age.