regional co-operation in both the Caribbean and the South Pacific is sometimes weakened through the pursuit of bilateral relations at the expense of regional action, the South Pacific offers useful lessons about the potential role of middle powers in regional co-operation. Australia and New Zealand, for example, provide resources which favour the regional option over bilateral alternatives.

In another part of the world, the Southern Africa Development Coordination Conference (SADCC) provides examples of regional co-operation on specific projects relevant to peace, security and development in contrast with the traditional model of economic integration.