

# GAPIA:

## Woods and Wellness

Mt. Diablo Camping Trip  
2022-2023

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### Overview

There are less than 1% Undocumented students at UCSF<sup>1</sup>. Many of us feel isolated and do not know any other Undocumented students. GAPIA: *Wood and Wellness*, Mt. Diablo Camping Trip, helped undocumented students at UCSF and allies build a supportive community and connect to nature through hikes, meals, bonfires, and by observing sunsets and sunrises.

### Data Snapshot

Participants reported that by attending this event, they felt better connected to the Undocumented community at UCSF, found a community they identified with, and connected to nature. For most participants, this was the first time going camping and it was a great stress reliver. All participants would attend this event again!

### Resources

1. UCSF Financial Aid Services



### Project Details

The Graduate and Professional Immigrant Association (GAPIA), student organization, organized an overnight camping trip to Mt Diablo on March 25-26 to foster a community among the undocumented students and allies at UCSF. The trip started with a hike to Rock City, where we explored wind caves, learned about plants, and observed amazing views from Sentinel Rock where we had a picnic. In the afternoon, we bonded through board games, snacks and a burrito bar! We told our stories and shared coping skills around the campfire. The next day, we got up very early and drove to the summit of Mount Diablo to observe the stunning sunrise and majestic views of the entire San Francisco Bay Area!

GAPIA: Woods and Wellness – Mt. Diablo Camping Trip allowed the participants to create community and connect with other individuals who share similar stories. It provided a new experience in nature, promoted well-being and encouraged participants to continue practicing wellness activities.

### Project Challenges

The challenges encountered were lack of participation, issues with gear pick-up, last-minute cancelations and timeliness. Although many people expressed interest in the camping trip, initially not many undocumented students were able to attend, so we extended the invitation to allies. Many participants were unable to attend gear pick. There were many last-minute cancellations.

### Lessons Learned

While UCSF offers several resources and support for Undocumented students, we are not well connected with each other. It is up to the students to build and foster a supportive community that also helps to cope with the ever-changing immigration laws. Fostering wellness and community in undocumented students enable us to better serve our immigrant communities that identify with their health providers.