The SPU Retreat / Family Day which is an annual event was held on December 1st and 2nd, 2012 in Kinabalu Pine Resort Kundasang. A total of 161 participants including staff, staffs' spouses and children participated in the event. The 2-day program is aimed to foster unity and improve cooperation between all the staffs of School of Medicine whereas the academic retreat was intended to discuss, review and plan programs and activities for 2013. The event was funded by the chancellory, staff club and generous donations from the lecturers.

The program started off on December 1st, where all participants travelled to Kundasang town and visited the Kundasang Memorial Park after checking in.

The evening program consisted of the long-awaited combination of Karaoke competition and lucky draw sessions. The event was officiated by the dean in which he emphasized on strengthening the unity between all the staff and to foster positive relations in the team. The karaoke competition was participated by a mixture of staff and also staffs' family members and the night ended with the grand prize presentation.

On December 2nd, two activities were conducted simultaneously, the academician retreat and the telematch program. All academicians attended the retreat working to discuss on the programs and activities of the school for the upcoming year 2013. In the meantime, the telematch was participation by the supporting staff and all staffs' family members. Among the games were banana-eating, walking-on-paper, coin-tossing, and a few others. The day ended with prize presentation and there was also an option of visit Poring Hot Spring for the participants who wished to unwind before travelling back to Kota Kinabalu. The program was a success and the organizing committee thanked the positive cooperation by all participants.

By, Deidre Faye