Frequently Asked Questions

Can my 'significant other' find a place to work?

We realize that for many residents a move to Rochester is highly dependent on the ability to secure employment or a position for someone close to them. Rochester is a growing city with a population exceeding 100,000. Mayo Clinic Rochester is one of the top employers in the region. See the Mayo employment Web site. Other major employers include IBM, the Rochester school system, and the local hotel/restaurant industry. Further growth is expected through the Destination Medical Center project. The density of information technology infrastructure in the region makes Rochester an ideal environment for telecommuting. Professional services and light manufacturing are also prominent components of the work force. There is a consortium of institutions of higher learning in Rochester and several different school systems that serve K-12 — public and private. The cities of Minneapolis and St. Paul, which comprise a major metropolitan area, are within 80 minutes by car.

Describe the work-life balance.

Work-life balance is highly influenced by the nature of the people with whom you work. The "esprit de corps" is particularly rich within Mayo's residency program and one of the most cited positives at the end of the year. Over 90 percent of interns are moving to Rochester from elsewhere and all are looking for friends and people with whom they want to spend time. Many choose to purchase a home because the cost of living is relatively low. Approximately 30 percent are single, 30 percent are involved in a serious relationship, and 40 percent are married. Approximately 25 percent have children. All have been selected because of the richness they will add to the community and their ability to bring out the best in those around them. It is no surprise that residents and fellows develop some of their closest friendships with one another. Similarly, the size of the institution and number of other educational programs attract to Rochester a wide variety of people throughout the world. Mayo has more than 1,900 residents, fellows, medical and postgraduate students in Rochester. The Mayo Fellows Association works to advocate for the educational, financial, and social concerns for our residents and fellows.

What do residents do outside of work?

For a relatively small city, Rochester and its environs offer a surprising breadth of cultural, recreational and educational activities. The following three Web sites give an overview of the community, and many additional opportunities are listed below.

- RochesterMN.com
- Rochester411.com
- Rochester Post-Bulletin
Music

- Choral Arts Ensemble
- Rochester Orchestra and Chorale
- Rochester Aria Group
- Harmony for Mayo, a weekly concert series sponsored by Mayo
- Riverside Concerts (free concerts Sundays through the summer)

Theatre

- Rochester Civic Theater
- Rochester Repertory Theater
- Commonweal Theater (nearby Lanesboro)
- Jon Hassler Theatre (nearby Plainview)
- Goonies Comedy Club

Art

- Rochester Art Center, offering both museum and education opportunities

Volunteer opportunities

- Salvation Army Free Clinic
- Paws and Claws Humane Society
- Boys and Girls Club

Recreation

- Dan Abraham Healthy Living Center (Mayo Clinic employee gym)
- Rochester Athletic Center (one of the largest in North America)
- Rochester YMCA
- Extensive biking and hiking trails
- Golf—public and private (including world class Somerby Golf Community)
- Local spectator sports—Rochester Honkers (baseball), Ice Hawks (hockey), MedCity Mafia (roller derby)
- Local clubs—running, triathlon, bicycling, chess, tae kwon do, cross country and downhill skiing
- Local leagues—soccer, basketball, hockey, softball, volleyball, table tennis, kickball, cricket, broomball, ultimate frisbee
- Rock climbing (Prairie Walls)
- Dance—ballroom, salsa, belly dancing
Miscellaneous offerings

- Rochester Farmers' Market
- People’s Coop
- Several excellent bakeries, including "Great Harvest" and "The Bread Baker"
- Thursdays on First—weekly street festival in downtown Rochester through the summer

Education

- University of Minnesota, Rochester
- Rochester Community and Technical College
- Extensive offerings through the Community Education program

Children’s Activities

- Minnesota Children’s Museum
- Oxbow Park (nearby zoo)
- JETS (gymnastics)
- Rochester Figure Skating Club
- Bounce World
- Quarry Hill Nature Center
- Storytime (various locations)
- Dance—multiple dance studios
- Swimming—lessons and teams