

# Mushrooms growers 3

Transform waste and create new life!

A volunteering project financed by the European Solidarity Corps - Erasmus.  
Created and hosted by Initiative et Développement Citoyen, Lastours.

## Long-term individual volunteering

**Dates:** 13th of May - 31 December 2025 (7 months, with possibility to extend it up to 1 year)

**Place:** Carcassonne, France

**Number of volunteers:** 2

**Countries:** All European countries

We are looking for our new team of mushroom lovers, who will work in this circular economy project called Café Vert! This project started years ago, with formation and lots of experimentation, and since 2020, our ESC volunteers are part of this experience.

IDC projects aim to raise awareness about the actual context we are living and to propose and create solutions to be part of a positive change in a social, cultural and environmental aspect. In this project specifically, we will reuse waste to create new life. We collect coffee waste from cafés and restaurants and we mix it with mycelium to grow oyster mushrooms. And after harvesting, we use that new "waste" in our earth-worm farm, which is great to create new and rich soil for plants.

By doing this, we also want to raise the awareness about sustainable practices and how we can reduce waste by reusing it to grow your own food. We need to be resilient and creative!

New friendships, new learning experiences, many skills to develop, lots of sharings, improvement of french language and culture, and much more!



## LEARNING OPPORTUNITIES & ACTIVITIES

- Learning how to grow mushrooms from coffee waste.
- Improve your mathematical and scientific skills, by working with data monitoring, experimentation, observation.
- Improvement of french language by speaking and sharing with french natives (when collecting coffee, going to local markets).
- Learning how a mushroom farm works in all the processes.
- Develop communication skills by creating content for social media and the website.
- Chance to experiment with new especies and processes.
- Sharing of your own culture!
- Acknowledge the advantages of working without judgement in an open multicultural team.
- Development of skills to improve employability.
- Learning by doing experience.
- Development of a personal project.
- Sharing of experiences, talents and skills.
- Work in self-confidence, initiative and autonomy.

## The project:

### IDC Team

Our cooperative IDC is located at Lastours, just in front of the Cathar Castles. Volunteers working in the mushroom project live in the city of Carcassonne (20 minutes away), but they will come to the eco-place once a week to receive training, check the fruiting room and do some helping tasks. They will also have tutoring meetings about their personal development and the personal projects. Another important task to work on while staying at IDC, is the dissemination: working in material, events, webinars, toolkits... something of your own that is worth sharing with other youngsters or the next volunteers. Whether in Lastours or Carcassonne, all volunteers share the same values of respect, resilience, awareness of nature and the environment, teamwork and communication.

### Sustainability

IDC is an organization that works in the promotion of a more sustainable and resilient lifestyle. This is why we share these values with our volunteers by applying different eco-practices in our daily life. Recycling, avoiding waste, composting, saving energy, trying to be minimalist are some of the things we always remind our volunteers.

### Mushroom activities: Café Vert

Volunteers will collect coffee waste from cafes, restaurants and bars around Carcassonne (by walking or using a cargo bike), and then prepare the mix with mycelium to put in bags and start the incubation process. Then they will monitor the incubation process and then take the bags to the fruiting room (in the eco place). In between, there are different other activities to make sure that all the conditions are appropriate for the project: humidity, disinfections, how to avoid contaminations...

Other activities of the project are: going to local markets to sell mushrooms, creating photos and videos to post in social media and the website, propose new ideas to improve the processes, make workshops about sustainability and mushroom growing (optional).

Know more about the Café Vert project in the site made by our volunteers: <https://cafe-vert.net/>

### Work days and holidays

The work will normally be from Tuesday to Saturday, around 7 hours per day, and all the Sundays and Mondays are days off. Plus, volunteers have 2 extra days off per month, that they can take all together or separate, always coordinating with the tutor and the manager of activities in advance, and not in the months of more collection and harvesting (summer).

Some holidays are usually taken in December for the festivities, and we have the chance for volunteers to leave for a longer time.

### Food and accommodation:

Volunteers will stay in shared rooms with other persons of the same sex, in an apartment in the city center of Carcassonne (just some meters from the main square! and close to commerces). At IDC we live as a team, so we share the common tasks of cleaning, cooking and arranging the place.

Volunteers will receive 210 euros per month to buy food. We don't buy industrial food and we try to eat as local and seasonal as possible. We make the shopping twice per month (normally, to avoid using the car all the time). And of course, we eat very, very local, eco and fresh mushrooms!

## Volunteers Profile

We are looking for youngsters between the ages of 18 and 30 who want to invest themselves in a new life experience, with lots of challenges and learnings! Motivation to learn how to grow mushrooms is a must! The activities are a bit of a routine, since the mushroom processes are the same, but it demands lots of observation in the details to make sure that the production will go as planned. There is also the sharing with local people and the motivation to live in a small city. Some other characteristics we are looking for:

- Ready to get the hands dirty! And to bike around the city!
- Will of sharing the room and the apartment with respect.
- Organized and responsible.
- Takes initiative and proposes their ideas (and puts them in action!).
- Communication skills and teamwork.
- Open minded, adaptability and flexibility.
- Ready to do some physical outdoors activities.
- Basic knowledge of french (or motivation to learn it!).
- Basic knowledge and/or interest in communication, content creation, social media, writing, design...



## Benefits and opportunities

By being part of our project, you will have the opportunity of experiencing an intercultural and learning by doing experience, and you will share with youngsters from different parts of the world. Other benefits of this program are:

- Financial support from Erasmus: insurance (Henner), travel tickets, accomodation and food + 8 euros/per day of pocket money, Online Linguistic Support (OLS).
- Tutoring support: individual and group meetings to express and share with our staff about any issue or personal projects.
- Learning more about sustainable lifestyle and low-impact practices.
- Development of skills to improve your employability.
- Learn how to enjoy a slower life and to respect nature in all its forms.
- Learn how to share the common tasks of convivence with other people.
- Youthpass Certificate: to acknowledge your own learning process and have a certificate to validate the competences that you improve or get during the project.
- Being part of a team of agents of change (let's create a better world together!).



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## Do you want to be part of the MUSHROOMS GROWERS 3 project?

You can fill in this form <https://forms.gle/xoFSTWgvsVb8jMnz8> and send a short video presentation of yourself to: [contact@lesjardiniersdelamobilite.fr](mailto:contact@lesjardiniersdelamobilite.fr) (subject: Farmer Life - Short term. Without the video we won't count your application)

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