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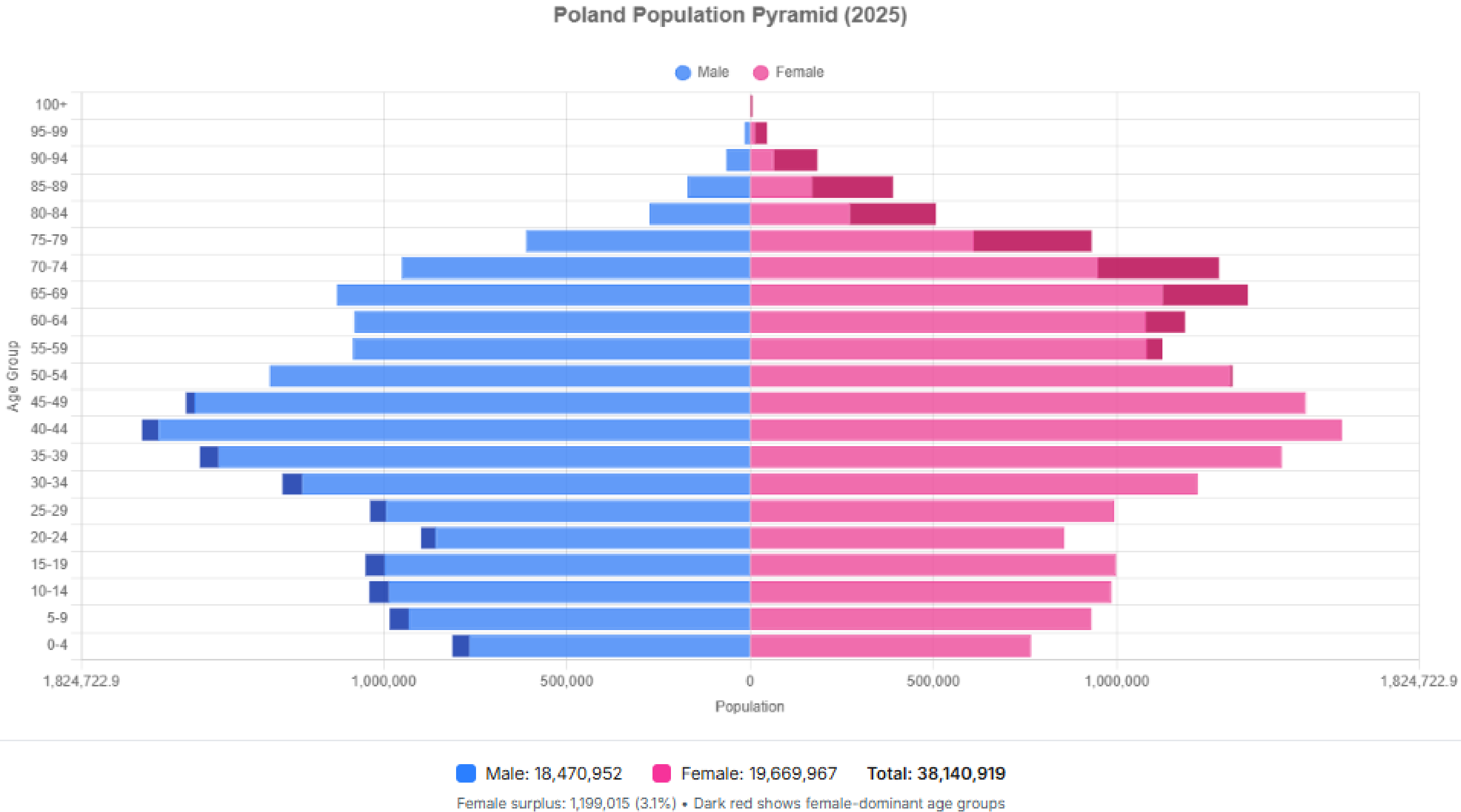
Intergenerational Community Center for Heritage Innovation and Industrial Regeneration





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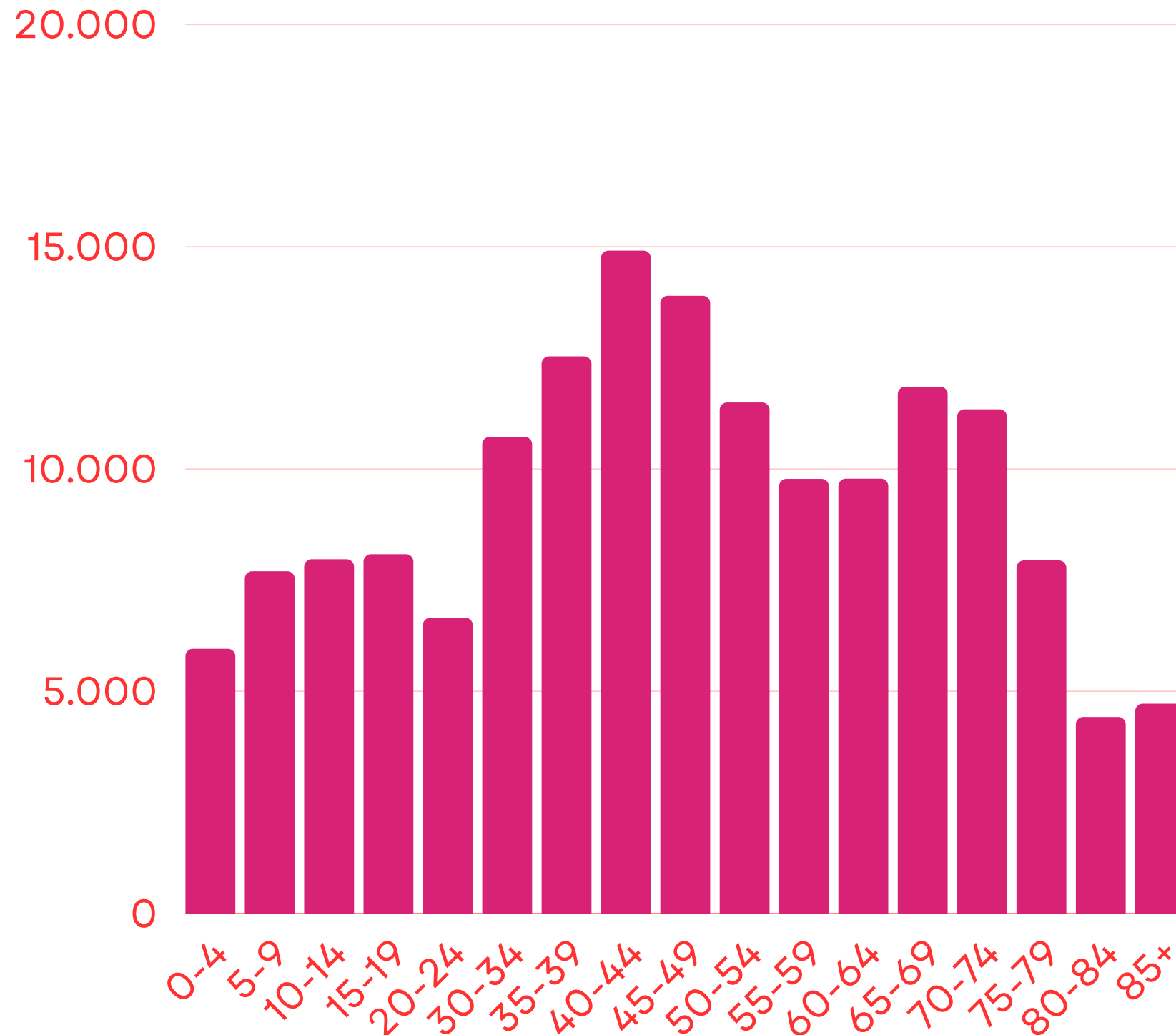
Demographic Analysis: Poland





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Population Age Distribution in Gliwice



- In 2026, Gliwice has a total population of **166,942** people
- The population is **shrinking** rapidly (**-4.38%** between 2020-2025)
- **Birth rates** (births/population * 1000) are declining (**only 6.5**)
- This makes Gliwice a rapidly **aging population**, and this phenomenon will be accentuated in the next few years
- On the other hand, there are around **16,300** **university students** willing to revitalize the city and help the older generations



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Pomost: A bridge connecting generations

Having all this in mind, we came out with an innovative idea: an **intergenerational community center**.

A place where the elderly can stay active and learn from younger generations, while students gain real-world experience and a deeper connection to their community.
People with disabilities are also welcomed, finding here not just support, but purpose and belonging.



Pomost — the Polish word for bridge — is exactly that: a **bridge between generations, abilities, and stories.**

A place where no one is just a recipient of care, but an active participant in community life.



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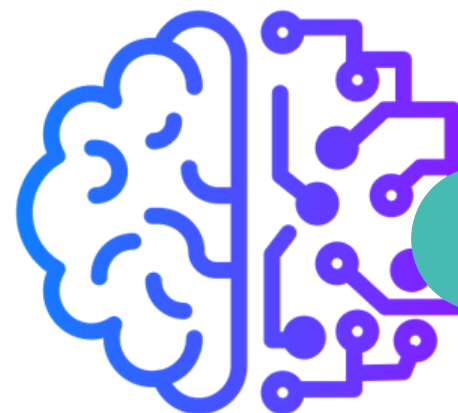
Community Garden

Builds patience, environmental awareness, and cross-generational mentorship.



Social Kitchen & Recipe Exchange

Creates paid employment, cultural continuity, and daily social ritual.



Digital Workshops

Reduces digital isolation in the elderly; builds empathy and communication skills in youth.



Storytelling & Memory Archive

Preserves local heritage, builds belonging, and gives both groups a shared sense of purpose.



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Impact to the environmental and social cycle

Abandoned area	After renovation
Abandoned unused space	Inclusive community hub
Neglected industrial area	Safe and welcoming place
No social function	Activities for youth, elderly, disabled and neurodivergent people
No learning purpose	Digital help and small seminars
No wellbeing benefit	Coffee corner, calm space and social contact
Low ecological value	Green roof and sensory garden
Building slowly decays	Existing brick structure reused
No local value	Low-cost community use





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How is POMOST sustainable?

Environmental:

- Reuse
- Reduce
- Repair

Technical

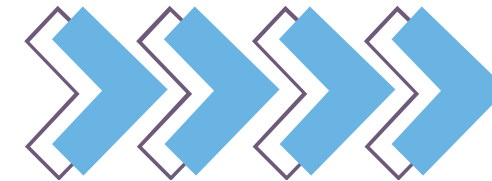
- Accessible Design
- Roof structure
- Digital infrastructure

Social

- Creates environment
- Intergenerational

Economical

- Low cost renovation



Materials

- Existing Bricks
- Light weight steel
- Recycled glass
- Wood flooring
- Green roof vegetation



- Reduces demolition waste.
- Durable and stronger
- Insulating
- Biodiversity



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Before POMOST proposal



After POMOST proposal





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- The total renovation will have an average budget of 458.000 euros
- A 14-month renovation period

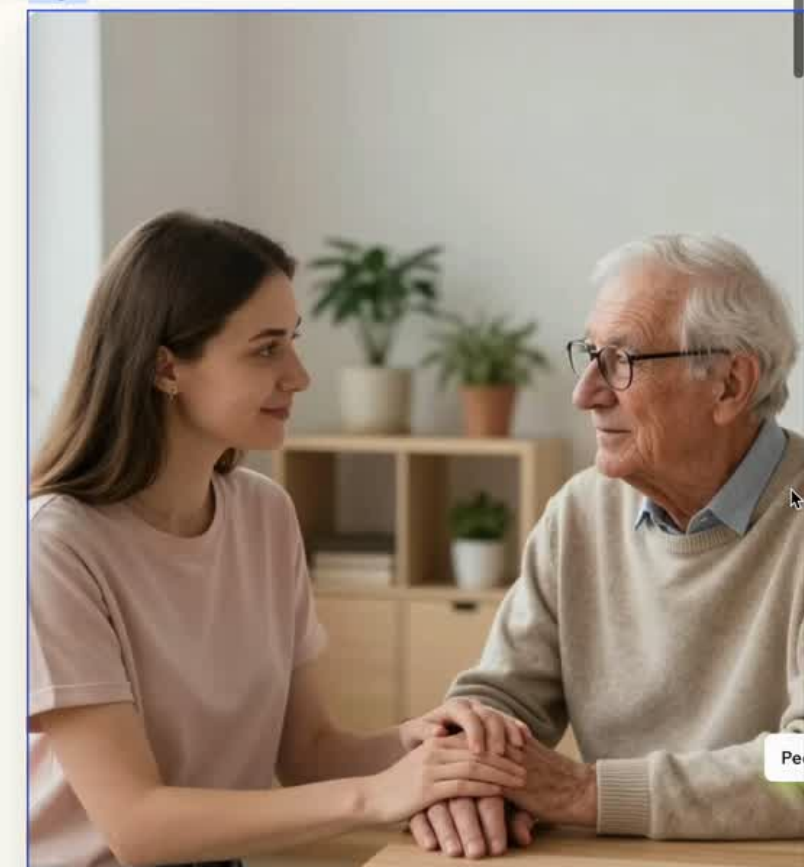
1. EU cohesion policy & FESL 2021-2027
2. New European Bauhaus (NEB)
3. PFRON (state Fund for rehabilitation)
4. NFOSIGW Eco- Grants



- Program website where university students can volunteer.
- Incentivized through academic rewards, providing university credits to students who participate in this project for more than 6 months.

Financing and marketing

Młodzi wspierają seniorów z demencją na terenie Gliwic



It's not just a place, it is a community that creates unity and benefits.





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References

- [Poland population pyramid \(2025\)](#)
- [Population of Gliwice \(2026\)](#)
- [Students statistics](#)
- [Intergenerational communities: A systematic literature review of intergenerational interactions and older adults' health-related outcomes.\(2020\).](#)
- https://green-forum.ec.europa.eu/green-business/levels_en?utm

**Thank you
for your time!**

