

Physical activity scale for the elderly (PASE) : Transcultural adaptation into French

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Abbreviations: CI, confidence interval; COSMIN, Consensus-based Standards for the Selection of Health Status Measurement Instruments; ICC, intraclass correlation coefficient; IPAQ-SF, the International Physical Activity Questionnaire – Short Form; PASB-Q, Physical Activity and Sedentary Behavior Questionnaire; PASE, the Physical Activity Scale for the Elderly; Q1, first quartile; Q3, third quartile; SD, standard deviation; SF-12, the Short Form 12 Health Survey

Abstract

Objective: To translate the Physical Activity Scale for the Elderly (PASE) questionnaire into French, adapt it to the French European culture and validate it.

Material and methods: The PASE was translated and culturally adapted using a 5-step validated process. The investigation of the measurement properties included the internal consistency, test-retest reliability, construct validity and floor and ceiling effects

Results: The translation faced no major problems, with moderate cultural adjustments. Unfamiliar activities such as American football, shuffleboard or aerobic dancing were adjusted, while common sports like yoga, aqua cycling and electric cycling were added. Validation study involved 89 older participants (median age of 73 (69.5 - 77) years, 58% of women). Moderate internal consistency was found (Cronbach's alpha= 0.571). Test-retest reliability was very good for household activities (ICC= 0.712 (95% CI= 0.496 – 0.845)) and work-related activities (ICC= 0.955 (95% CI= 0.908 –

0.978)) but was lower in the leisure section (ICC= 0.163 (95% CI= - 0.183 - 0.473)), leading to a moderate overall score (ICC= 0.455 (95% CI= 0.125 - 0.608)). This result could be attributed to the weather conditions that were not similar between the two test-intervals, which affects leisure activities (most of which take place outdoors). Construct validity was almost confirmed (66.67% of the ideal 75% hypothesis was validated). No floor or ceiling effects were detected. *Conclusion:* The French PASE appears to be a reliable and relatively valid tool for assessing household and work-related activities. However, PASE should be used with caution, especially when assessing leisure time activities, ensuring that the meteorological conditions are consistent between the two reliability tests.

Dear Editor,—In the context of demographic ageing [1], ensuring healthy ageing is crucial [2], with physical activity playing a key role [3]. Physical activity can be assessed using objective tools like accelerometers or subjective tools such as questionnaires. Among the latter, the Physical Activity Scale for the Elderly (PASE) is particularly relevant. Indeed, a systematic review found that the PASE has sufficient content validity, reliability, and construct validity for assessing physical activity in older adults, and alongside the Physical Activity and Sedentary Behavior Questionnaire (PASB-Q), is among the top 2 questionnaires for this purpose [4]. However, the PASE, unlike the PASB-Q [5], includes light-intensity physical activity, which is essential for accurately estimating total physical activity in older adults [6] and covers caregiving, a crucial yet often overlooked aspect [7]. Furthermore, the PASE developed in 1993 for participants aged 65 and over, is quick (approximately 5 min) and easy to complete [8], while minimizing recall bias by focusing on activities from the past 7 days [7]. PASE can be self-administered or administered by an interviewer [8] and assesses leisure, household, and work-related activities at light, moderate, and strenuous intensity levels [8].

The PASE was originally adapted for older American adults [8]. Translating the questionnaire for use in other languages is essential, but cultural adaptation is also crucial, as some expressions may lose meaning or need to be adapted for different cultures [9]. The PASE has been translated and culturally adapted into several languages, including Polish [10], Italian [11], Japanese [12], and Turkish [13]. However, there is no French version of the PASE. The aim of this study was therefore to translate the questionnaire into French, adapt it to the French European culture and validate it.

To achieve this objective, the PASE was first translated and culturally adapted following Beaton's et al. [9] guidelines. Firstly, the questionnaire was translated from English to French by 2 native French speakers bilingual in English. Secondly, a synthesized French version was created. Thirdly, the PASE was back-translated into English by 2 native English speakers fluent in French, who did not see the original questionnaire. Fourthly, an expert committee, comprising the 4 translators (including 2 health professionals), an epidemiology methodologist, a French linguist, and the principal investigator, developed the pre-test version. For this stage, a semantic analysis was conducted to compare the 2 back-translated versions with each other and assess their alignment with the original English version. This aimed to select the most accurate French terms. In cases of semantic differences, the original version, the synthesized French version (accompanied by its 2 translations), and the 2 back-translations were all considered. This version was then pretested on older adults (recruited via social media) to assess questionnaire understanding with enrolment concluding upon data saturation. Finally, based on the pre-test participants feedback, the final French version of PASE was created. Regarding the cultural adaptation, French speaking translators identified cultural differences in sports and professions, sought equivalences, validated them with the expert committee, and pre-tested the questionnaire to ensure cultural adequacy.

Finally, to validate the questionnaire, the measurement properties of the PASE were assessed according to the guidelines of the Consensus-based Standards for the Selection of Health Status Measurement Instruments (COSMIN) [14].

Internal consistency: assesses the homogeneity and correlation between each item of the questionnaire using the Cronbach's alpha [15]. Acceptable values range from 0.70 to 0.95 [15]. The global Cronbach's alpha score of the PASE was calculated and the impact of deleting each item on the global score was also investigated.

Test-retest reliability: The PASE was completed twice by the respondents, with a 2-week interval between the 2 administrations [16]. Reliability was calculated using the intraclass correlation coefficient (ICC) and its 95 % confidence interval (95 % CI) with the SPSS's method 2-way mixed-absolute agreement. An ICC value of 0.70 is considered as acceptable, while values greater than 0.80 or 0.90 are considered to be better [17].

Construct validity: Both convergent and divergent validity were evaluated to assess the construct validity of the PASE. For this evaluation, participants had also to complete the International Physical Activity Questionnaire – Short Form (IPAQ – SF) and the Short Form 12 Health Survey (SF-12). For the convergent validity, Spearman correlations were calculated both between the PASE and the IPAQ-SF and with the physical section of the SF-12. Strong correlations were expected due to similar constructs. Concerning the divergent validity, Spearman correlations were calculated between the PASE and the mental section of the SF-12. Weak correlations were expected due to different constructs. Good construct validity is achieved when 75 % of the hypotheses are confirmed [18].

Floor and ceiling effects: These effects are present when >15 % of respondents obtain a minimum score (floor effect) or a maximum score (ceiling effect) [18]. This indicates that there is a lack of extreme items in the lower or in the upper responses to the questionnaire [18].

According to guidelines, a voluntary, non-probabilistic sample of at least 50 participants was targeted to assess all of these measurement properties [18]. Inclusion criteria were aged 65 and over [8] and understanding French. Participants were recruited via social media and completed an online form created on the GDPR-compliant platform Framforms. No consent form was required as only willing participants completed the questionnaire, and no personal data was collected. The research was approved by the Ethics Committee of the University of Liege (ref: 2024/81, approval date: 12/03/2024).

Statistical analysis were performed using IBM SPSS Statistics 29.0.2.0 software. Normality of variables was assessed through the Shapiro-Wilk test, histograms, Q-Q plots, and by comparing median and mean values. Normally distributed variables were reported as means with standard deviation (SD), while non-normal data were presented as medians with first (Q1) and third (Q3) quartiles. Qualitative variables were presented using numbers and frequencies (%). A significance level of 0.05 was used to determine statistical significance.

The PASE translation process faced no major problems, but the expert committee and the 10 pre-test participants (age range: 66–83 years) highlighted the need to adapt certain sports for better understanding in a French-speaking European context. Unfamiliar activities such as American football, shuffleboard or aerobic dancing were adjusted, while common sports like yoga, aqua cycling and electric cycling were added. The final French version of PASE is available in the Appendix.

A total of 89 older participants were included in the validation study. The characteristics (including gender distribution, ie, the identification as "woman", "man" or "other") of the sample and the questionnaire scores (PASE, IPAQ-SF and SF-12) are detailed in Table 1.

Internal consistency: The total score of the Cronbach's alpha PASE was 0.571. Removing 1 item at a time did not significantly impact the score (range: 0.452–0.596).

Test-retest reliability: Out of the 89 participants, 52 agreed to answer it a second time and 34 completed it. Good test-retest reliability was found for household activities (ICC = 0.712; 95 % CI, 0.496 –0.845) and work-related activities (ICC = 0.955; 95 % CI, 0.908 –0.978). However, low reliability was found for leisure activities (ICC = 0.163; 95 % CI, –0.183–0.473). The total PASE score was thus moderate (ICC = 0.455; (95 % CI, 0.125–0.608) (Table 2).

Construct validity: As shown in Table 3, 4 of 8 hypotheses for convergent validity, and all 4 for the divergent construct validity were accepted, thus 67 % of the hypothesis were confirmed.

Floor and ceiling effects: No participant achieved the minimum score, demonstrating no floor effect. Only 1 person (1 %) reached the maximum score, indicating no ceiling effect.

The study aimed to translate the PASE into French and adapted it to the French European culture. The translation process faced no major problems, and moderate adjustments ensured cultural relevance.

Moderate internal consistency was found (Cronbach alpha = 0.571). We believe it could be due to the PASE's assessment of various physical activity dimensions such as leisure, household, and work-related activities, which could lead to less consistency between items [19]. Test-retest reliability of the PASE was very good for household and work-related activities but was lower in the leisure section, leading to moderate overall test-retest reliability (ICC 0.455; 95 % CI, 0.125–0.608). We hypothesized that the moderate ICC global score compared with other studies Poland: (ICC = 0.960; 95 % CI, 0.942–0.972), Italy: (ICC = 0.977; 95 % CI, 0.959–0.987), Turkey: (ICC = 0.995; 95 % CI, 0.993–0.997), Japan: (ICC = 0.650; 95 % CI, 0.580–0.720) [10–13] could be attributed to the variable weather conditions [7] during the summer season between the 2 test intervals (1st time: cold, rainy; 2nd time: warm, sunny), which affects leisure activities (most of which take place outdoors) [20]. Regarding the construct validity, the percentage of confirmed hypotheses fell below the 75 % ideal [18], likely due to the choice of questionnaires (IPAQ-SF and SF-12). However, to our knowledge, no other questionnaire specifically designed for older adults includes leisure, household, and work-related activities. Nevertheless, physical tests such as the Get-Up and Go test or actimetry could have been used to assess construct validity, but due to the online administration of the PASE, the methods were unfeasible. No floor or ceiling effects were detected, indicating good discriminative power of the PASE [18].

Certain limitations must be considered. Firstly, the sample size ($n = 34$) in the test-retest phase limited the interpretation of these results. Secondly, the online self-administration of the questionnaire, rather than face-to-face or telephone interviews, may have affected participants' understanding, potentially leading to information bias. Thirdly, the test-retest instructions did not specify that the PASE should be administered under similar meteorological conditions to the initial questionnaire, which would have been relevant to enhance the reliability. Fourthly, as weather conditions could explain the moderate reliability obtained of the PASE [7], it would have been pertinent to ask participants about their geographical area and whether the weather conditions in the last 7 days have affected their physical activity. We did not collect this information and assumed that most of our participants were Belgian, basing our analysis on Belgian weather data. This assumption, if correct, highlights another limitation: the predominance of Belgian participants over individuals from other French-speaking regions in Europe. Finally, the frailty status of older participants was not assessed, which could have provided more information about the sample population.

The French version of PASE, adapted for older people and adjusted for the French European culture, appears to be a reliable and relatively valid tool for assessing physical activity related to household and work-related activities. However, weather conditions could impact the interpretation of reliability results, necessitating consideration of the geographical area of participants. Future studies should use PASE cautiously, especially when assessing leisure time activities, ensuring that the meteorological conditions are consistent between the reliability tests.

Author's contribution

Study conception and design: MS and OB. Translation and cultural adaptation: FH, SB, CB, JVB, OB and MS. Data collection: MS and OB. Analysis and interpretation of the results: MS, CB, VT, GS, NB, CE, SA, CS and OB. Draft manuscript preparation: MS and OB. All authors have read and approved the final version of the manuscript.

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Declaration of generative AI and AI-assisted technologies in the writing process

During the preparation of this work the authors used ChatGPT and DeepL Write to improve the syntax and verify spelling and grammar. After using these tools, the authors reviewed and edited the content as needed and ta full responsibility for the content of the publication.

Additional materials

This letter to editor includes an appendix titled: "The French version of Physical Activity Scale for the Elderly (PASE)."

Declarations of interest

None.

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Tables

Table 1

Characteristics of the study population and scores of the questionnaires PASE, IPAQSF and SF-12 (n = 89).

Variables	Minimum-Maximum	Values
Gender, n (%)		
Man		37 (42)
Woman		52(58)
Other		0(0)
Age (years), median (Q1-Q3)	65 - 92	73.0 (69.5–77.0)
Level of education, n (%)		
None		0 (0)
Primary		4 (5)
Secondary		23 (26)
Bachelor		36 (40)
Master		19 (21)
Doctorate		4 (5)
Other ^a		3 (3)
BMI (kg/m ²), mean (SD)	18.87–41.66	25.7 (4.5)
Leisure time activity score –PASE, median (Q1-Q3)	0–380.4	25.7 (12.9–60.6)
Household activity score - PASE, median (Q1-Q3)	0–171.0	105.0 (80.5–136.0)
Work-related activity score - PASE, median (Q1-Q3)	0–150.0	0 (0-0) ^b
Total PASE score, median (Q1-Q3)	2.1–441.4	136.1 (112.7-180.4)
IPAQ score (MET-minutes/ week), mean (SD)	0–7656.6	2206.7 (1811.5)
SF-12 physical score, mean (SD)	26.64–61.34	46.5 (8.3)
SF-12 mental score	23.74–63.64	46.8 (9.1)

Abbreviations: BMI, body mass index; IPAQ-SF, The International Physical Activity Questionnaire–Short Form; PASE, the Physical Activity Scale for the Elderly; Q1, first quartile; Q3, third quartile; SD, standard deviation; SF-12, the Short Form 12 Health Survey. ^a Including social promotion, continuing education and teaching qualifications. ^bThe median score is very low because, out of the 89 participants who responded, 30 selected an option related to work-related activity, and only 14 of them were engaged in a work-related activity that was weighted in the PASE scoring.

Table 2

Test-retest reliability of each domain of PASE (n = 34).

PASE	ICC (95 % CI)
Leisure time activity score	0.163 (- 0.183–0.473)
Household activity score	0.712 (0.496–0.845)
Work-related activity score	0.955 (0.908–0.978)
Total PASE score	0.455 (0.125–0.608)

Abbreviations: 95 % CI, 95 % confidence interval; ICC, intraclass correlation coefficient; PASE, the physical activity scale for the elderly.

Table 3

Construct validity of PASE (association with the IPAQ-SF and the SF-12) (n = 89).

Validation measures ^a	Leisure time activity score	Household activity score	Work-related activity score	Total PASE score
Convergent validity	0.371 (p-value = 0.00034)^c	0.258 (p-value = 0.01463) ^b	0.078	0.344 (p-value = 0.00098)^c
IPAQ-SF				
SF-12 – physical section	0.381 (p-value = 0.00023)^c	- 0.470	0.197	0.185
Divergent validity SF-12 – mental section	0.002	- 0.490	- 0.500	- 0.170

NOTE. Bold values : significance level of <0.05 or <0.001. Abbreviations: IPAQ-SF, The International Physical Activity Questionnaire – Short Form; PASE, the Physical Activity Scale for the Elderly; SF-12, the Short Form 12 Health Survey.

^aSpearman's correlations, ^bStatistically significant (p<0.05), ^cStatistically significant (p<0.001).

Questionnaire « Physical Activity Scale for the Elderly (PASE) » - version française

INSTRUCTIONS :

Veillez remplir ce questionnaire en entourant la bonne réponse ou en remplissant le champ. Voici un exemple :

Au cours des 7 derniers jours, combien de fois avez-vous vu le soleil ?

[0.] JAMAIS

[1.] RAREMENT

[2.] PARFOIS

[3.] SOUVENT

(1-2 JOURS)

(3-4 JOURS)

(5-7 JOURS)

Répondez à toutes les questions aussi précisément que possible. Toutes les informations sont strictement confidentielles.

ACTIVITÉS DE LOISIRS

1. Au cours des 7 derniers jours, à quelle fréquence avez-vous participé à des activités assises telles que lire, regarder la télévision ou faire des activités récréatives manuelles?

[0.] JAMAIS	[1.] RAREMENT (1-2 JOURS)	[2.] PARFOIS (3-4 JOURS)	[3.] SOUVENT (5-7 JOURS)
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- 1.a. Quelles étaient ces activités ?

- 1.b. En moyenne, combien d'heures par jour avez-vous consacré à ces activités assises?

[1.] MOINS D'1 HEURE	[2.] ENTRE 1 ET 2 HEURES
[3.] ENTRE 2 ET 4 HEURES	[4.] PLUS DE 4 HEURES

2. Au cours des 7 derniers jours, à quelle fréquence avez-vous fait une promenade à l'extérieur de votre maison pour une raison quelconque ? Par exemple, pour vous amuser ou pour faire de l'exercice, pour aller au travail à pied, pour promener le chien, etc. ?

[0.] JAMAIS	[1.] RAREMENT (1-2 JOURS)	[2.] PARFOIS (3-4 JOURS)	[3.] SOUVENT (5-7 JOURS)
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- 2.a. En moyenne, combien d'heures par jour avez-vous consacré à la marche ?

[1.] MOINS D'1 HEURE	[2.] ENTRE 1 ET 2 HEURES
[3.] ENTRE 2 ET 4 HEURES	[4.] PLUS DE 4 HEURES

3. Au cours des 7 derniers jours, à quelle fréquence avez-vous pratiqué des activités sportives ou récréatives légères telles que le bowling, la pétanque, la pêche ou d'autres activités similaires ?

[0.] JAMAIS	[1.] RAREMENT (1-2 JOURS)	[2.] PARFOIS (3-4 JOURS)	[3.] SOUVENT (5-7 JOURS)
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3.a. Quelles étaient ces activités ?

3.b. En moyenne, combien d'heures par jour avez-vous consacré à ces activités sportives ou récréatives légères ?

[1.] MOINS D'1 HEURE [2.] ENTRE 1 ET 2 HEURES

[3.] ENTRE 2 ET 4 HEURES [4.] PLUS DE 4 HEURES

4. Au cours des 7 derniers jours, à quelle fréquence avez-vous pratiqué des activités sportives et récréatives modérées telles que le tennis en double, la danse, la chasse, le vélo électrique, le golf sans voiturette, le yoga ou d'autres activités similaires ?

[0.] JAMAIS	[1.] RAREMENT (1-2 JOURS)	[2.] PARFOIS (3-4 JOURS)	[3.] SOUVENT (5-7 JOURS)
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4.a. Quelles étaient ces activités ?

4.b. En moyenne, combien d'heures par jour avez-vous consacré à ces activités sportives et récréatives modérées ?

[1.] MOINS D'1 HEURE [2.] ENTRE 1 ET 2 HEURES

[3.] ENTRE 2 ET 4 HEURES [4.] PLUS DE 4 HEURES

5. Au cours des 7 derniers jours, à quelle fréquence avez-vous pratiqué des activités sportives et récréatives intenses telles que la course à pied, la randonnée, la natation, le vélo musculaire, le tennis en simple, le fitness, l'aquagym ou d'autres activités similaires ?

[0.] JAMAIS [1.] RAREMENT [2.] PARFOIS [3.] SOUVENT
(1-2 JOURS) (3-4 JOURS) (5-7 JOURS)

5.a. Quelles étaient ces activités ?

- 5.b. En moyenne, combien d'heures par jour avez-vous consacré à ces activités sportives et récréatives intenses ?

[1.] MOINS D'1 HEURE [2.] ENTRE 1 ET 2 HEURES
[3.] ENTRE 2 ET 4 HEURES [4.] PLUS DE 4 HEURES

6. Au cours des 7 derniers jours, à quelle fréquence avez-vous réalisé des exercices visant spécifiquement à augmenter la force musculaire et l'endurance, comme soulever des poids ou faire des pompes, faire de la gymnastique / pilates, etc. ?

[0.] JAMAIS [1.] RAREMENT [2.] PARFOIS [3.] SOUVENT
(1-2 JOURS) (3-4 JOURS) (5-7 JOURS)

6.a. Quelles étaient ces activités ?

- 6.b. En moyenne, combien d'heures par jour avez-vous consacré à ces exercices visant à augmenter la force musculaire et l'endurance ?

[1.] MOINS D'1 HEURE [2.] ENTRE 1 ET 2 HEURES
[3.] ENTRE 2 ET 4 HEURES [4.] PLUS DE 4 HEURES

ACTIVITÉS MÉNAGÈRES

7. Au cours des 7 derniers jours, avez-vous effectué des tâches ménagères légères, comme enlever la poussière ou faire la vaisselle ?

[1.] NON [2.] OUI

8. Au cours des 7 derniers jours, avez-vous effectué des tâches ménagères lourdes, telles que passer l'aspirateur, récurer les sols, laver les vitres ou transporter du bois ?

[1.] NON [2.] OUI

9. Au cours des 7 derniers jours, avez-vous participé à l'une des activités suivantes ?

Veillez répondre NON ou OUI à chaque question.

- | | | | |
|----|---|-----|-----|
| a. | Travaux d'entretien ou de réparation comme peindre, poser du papier peint, effectuer des travaux d'électricité, etc. | NON | OUI |
| b. | Travaux d'entretien du jardin, y compris la tonte de la pelouse, le bêchage ou l'enlèvement des feuilles mortes, la coupe du bois, etc. | NON | OUI |
| c. | Jardinage en plein air, y compris l'arrosage, cueillir des fruits ou des légumes, etc. | NON | OUI |
| d. | Prendre soin d'une autre personne, comme les enfants, le conjoint à charge ou un autre adulte | NON | OUI |

ACTIVITÉS LIÉES AU TRAVAIL

10. Au cours des 7 derniers jours, avez-vous travaillé contre rémunération ou comme bénévole?

[1.] NON

[2.] OUI

10.a. Combien d'heures par semaine avez-vous travaillé contre rémunération et/ou comme bénévole?

_____ HEURES

10.b. Laquelle des catégories suivantes décrit le mieux la quantité d'activité physique requise dans le cadre de votre travail et/ou de votre bénévolat ?

[1] Principalement assis avec de légers mouvements de bras.

[Exemples : employé de bureau, couturier, ouvrier à la chaîne assis, chauffeur de bus, etc.]

[2] Assis ou debout avec un peu de marche.

[Exemples : caissier, employé de bureau polyvalent, personnel utilisant des outils et engins légers.]

[3] Marche, avec une certaine manutention de matériaux pesant généralement moins de 25 kilos.

[Exemples : facteur, serveur, ouvrier de la construction, personnel utilisant des outils et engins lourds.]

[4] Marche et travaux manuels lourds nécessitant souvent la manutention de matériaux pesant plus de 25 kilos.

[Exemples : bûcheron, maçon, ouvrier agricole ou ouvrier.]

ANNEXE A : CATÉGORIES D'ACTIVITÉS

<p><u>Sports légers et loisirs</u></p> <p>Badminton Billard Bowling (et autres jeux de quilles) Croquet Fléchettes Frisbee Golf avec voiturette Natation : pas de longueurs Navigation de plaisance (canoë, aviron, voile) Pêche Pétanque Tennis de table Tir à l'arc Tir à la carabine</p> <p><u>Sports et loisirs modérés</u></p> <p>Athlétisme (lancer de poids, de javelot, ...) Chasse Danse (danse de salon, ballet, discothèque) Équitation Escrime Golf sans voiturette Luge Patinage (glace, roller) Plongée sous-marine Snorkeling (nage ou plongée avec tuba) Softball / baseball / cricket Surf Tennis (en double) Trampoline Vélo électrique Volley-ball Yoga</p> <p><u>Travaux ménagers légers</u></p> <p>Essuyer la vaisselle Faire la lessive Faire la vaisselle Mettre pendre le linge Enlever la poussière Préparer des repas Repasser</p>	<p><u>Sports et loisirs intenses</u></p> <p>Alpinisme Aquagym ou aquabike Arts martiaux (judo, karaté, ju-jitsu, taekwondo, ...) Aviron / canoë-kayak de compétition Basketball Course à pied Fitness Football Handball Hockey (sur glace ou sur gazon) Machine à ramer Mini-foot Montée d'escaliers Natation : longueurs Paddle Planche à voile Randonnée Raquettes à neige Rugby Saut à la corde Ski (de fond, alpin, nautique) Squash Tennis (en simple) Trail Vélo musculaire / vélo d'appartement</p> <p><u>Force musculaire et endurance</u></p> <p>Abdominaux Gymnastique / pilates Haltères Haltérophilie Pompes Rééducation avec des poids</p> <p><u>Tâches ménagères lourdes</u></p> <p>Balayer Déplacer des meubles Laver des murs Laver des vitres Laver des voitures Nettoyer les sols Passer l'aspirateur Récurer des sols Transporter du bois</p>
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