# 3. Captions & Audio Description (Darren Denham)

Q: How reliable are automatic captions?

- Generally decent, but not perfect. Struggles with jargon, names, or accents. Always review/edit captions.
- Human captioning is still more accurate for technical material.

Q: What if I need to add captions to a video with no audio?

- You can still upload a **.vtt caption file** (e.g., with "[no audio]" marked). Platforms like YouTube and Stream support this.

Q: How to handle negative reactions to always having captions on?

- Responses participants suggested:
  - "I like them—they help me follow."
  - "It's less distracting for me to have captions than to rewind."
  - "They help confirm what I heard."