

Jason's Big Adventure!

"I'm like a designer whore with my underwear. I'm very particular about what I strap around my butt."

» He's made the Beautiful People, Men Of Style and Bachelor Of The Year lists, so who does TV host Jason Dundas rate for Sexiest Men Alive? Matthew Myers reports from somewhere between the moon and New York City.

DNA: You host [reality program] *The Big Adventure*, which is not quite *Survivor* or *The Amazing Race*. Is it somewhere in between?

Jason Dundas: It was pitched to me and I immediately thought of *The Hunger Games*. I certainly didn't adapt the characteristics of the host, but it did remind me of the way they had to work in a team to achieve a goal, and then it was every man for himself!

Your VH1 hosting gig is the envy of music fans around the world. What have been the highlights? I started on *Total Request Live* on MTV Australia and we had the Osbournes, 50 Cent, Snoop Dogg, Usher, The Chili Peppers, Beyoncé... they would all come in and here I was, a 22-year-old guy from the Northern Beaches surfing during the day and interviewing these celebrities in the evening. It was quite a juxtaposition, but then I took off around the world for five years doing [travel program] *Getaway*. Leaving celebrity culture behind opened up my eyes a bit to the culture of our planet. VH1 for me was a milestone because I'd always looked at Times Square and New York as the centre of the universe and MTV had been ingrained in that spot since I was ten. The fact that I got to work there on a live show Monday to Friday every morning for three years was just incredible.

Have you interviewed any of your idols? My idols are not your typical idols. I mean celebrity culture is fascinating and I love being on the pulse of pop culture with what's hip and relevant, but for me an idol is somebody who's changing the world. I like Elon Musk who invented the Tesla car and is now working on SpaceX. I like Richard Branson who's an entrepreneur and has a never-quit spirit. Guys like that inspire me.

Of all the interviews you've done, who has impressed you the most? One of the coolest things was when Adam Sandler came to our studio in Times Square. He walked in nonchalant wearing track pants, an old T-shirt and baseball hat, and we thought he was the janitor. We were rehearsing and he was like

"I'll just chill out over here until you're ready." Normally a star will arrive with an entourage of ten people and sit in the green room, but Adam Sandler just hung out on set with us and was so chilled it went against the grain of every Hollywood stereotype diva.

Speaking of divas, who's yours? It has to be Miley Cyrus at the moment, doesn't it? I just love her attitude. I like how she's so over the top and doesn't care. She's eccentric and puts it on the line.

So what's the campest song on your playlist? Dude, I'm a demon for that. I love *Everybody Dance* by Chic. [Breaking into song] "Everybody dance! Clap your hands..." that is a disco hit that I just love. Disco is the best! I used to play it all the time in Kings Cross.

Do you have many gay mates? So many! Every second friend of mine is gay. I was actually on a float at the Sydney Mardi Gras for MTV in the mid-2000s wearing a kilt.

What did you wear underneath the kilt? I had a pair of white briefs with the MTV logo on my butt and we did a big flash at the end!

You have a fantastic body – what's your best advice for getting ripped? Pyramid your food so that you eat heavy in the morning and light in the evening and only drink water. And the one simple thing is to shift your diet so that it's predominately protein-based. That's all you have to do. Diet is the difference between having a good body or being ripped.

You have a lot of fans. How do you feel about gay men thinking you're hot? Since the day I started on MTV, I've been getting gay fan mail. I've had young guys write to me all the time and I embrace it. I write back to every single one of them. I don't discriminate. I love it and think it's cool.

You even had a big gay kiss with Noah Levy on VH1's *The Gossip Table*! This is true! That was my first kiss with another man. It was live on TV and I definitely caught him off guard, but luckily he was freshly shaven. It didn't feel like I was kissing a man until I opened my eyes.

You've been one of *Who* magazine's Most Beautiful People, won *Cleo* magazine's Bachelor Of The Year and *GQ* magazine's Man Of Style – that is some feat! That all happened in one big year. I'm from the western suburb of Penrith, so I take it with a grain of salt. All those sorts of things are just the perks of working in the entertainment industry. I think it's great, but it definitely doesn't drive what I want to do in life, but if someone wants to call me Cleo Bachelor Of The Year, then that's pretty cool.

This month is DNA's Sexiest Men Alive issue – who is your pick? Channing Tatum is definitely up there and David Beckham is in the mix, but when he speaks he kind of puts that out the window! But then Mark

Wahlberg is also one of the most manly men I've ever seen and the coolest dude ever when he was in Calvin Kleins – and he's still ripped! Then there is Matt Bomer who is pretty good looking. Out of all of them, I'd probably turn for Mark Wahlberg [laughs]!

You played a frat boy in *Fool's Gold* alongside this year's Best Actor Oscar-winner Matthew McConaughey. What was that like? That was the first acting role I had ever done and it was shot up in Port Douglas. Matt McConaughey was probably the coolest and most laid-back guy I've ever worked with. He'd pretty much be sitting there chilling out between takes, with no shirt on playing guitar. He made the whole experience of working on a \$70 million film feel like a walk in the park.

Is there anyone in the business who you look up to? I really like what Ryan Seacrest has done in using his exposure with *American Idol* to create productions and develop deals with networks. He forged a production

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company that is now essentially on par with his hosting work. So I like his business mind and it's something I'd definitely like to emulate. I'm in a unique position where I have the luxury of two markets, working in Australia and America. I'd definitely like to start creating content and produce TV on a global scale.

As an ambassador for David Jones menswear, what's your best fashion tip? For men it would be to keep it simple. So, minimal prints and basic colours and to give you an idea of a simple staple outfit, I'd say a navy blazer, a grey T-shirt, navy jeans and brown boots. Just keep it classic.

You got bare naked once on *Getaway*. Oh, that happened lots of times! Four of us [were] travelling the world 200 days a year, so we had to keep ourselves entertained. So whenever there was a moment to get naked, the kit came off!

On that note, does Jason Dundas wear jocks, fitted boxers or freeball? I wear jocks and I'm very conscious of what I wear. I'm like a designer whore with my underwear. I'm very particular about what I strap around my butt. My underwear is often the most expensive thing in my travel bag!

More: The Big Adventure will screen on Channel Seven.