



Julia Bradbury, 38, the presenter credited with sexing-up BBC1's Countryfile, also fronts BBC2's Railway Walks, and is a reporter on Watchdog. She was born in Dublin, but moved back to the UK in the 1970s with her parents, Chrissi and Michael, and older sister, Gina. She is single and lives in west London.

Who would play you in the movie of your life?

We'd need a big-nosed brunette with a big mouth. Anjelica Huston when she was younger, perhaps. Or what about Angelina Jolie with a false nose? People will think I reckon I look like her now!

Which reality TV show would you most like to appear on?

Actually, I have appeared on a reality TV show. I took part in Celebrity Come Dine With Me. Unfortunately, one of the other guests, Edwina Currie, didn't like me at all. It all started because I served a smoked salmon pâté starter with Aquavit, a Scandinavian alcoholic drink made from caraway seeds. You drink it in one go, like a shot, and I thought it would compliment the starter and make my dinner a real social event. Everyone had a taste, but Edwina took exception because she thought she was being forced to drink it. The finished programme made things look even more strained between us because of the way it was edited. I knew that's what reality TV was all about, though, so I'm not complaining.

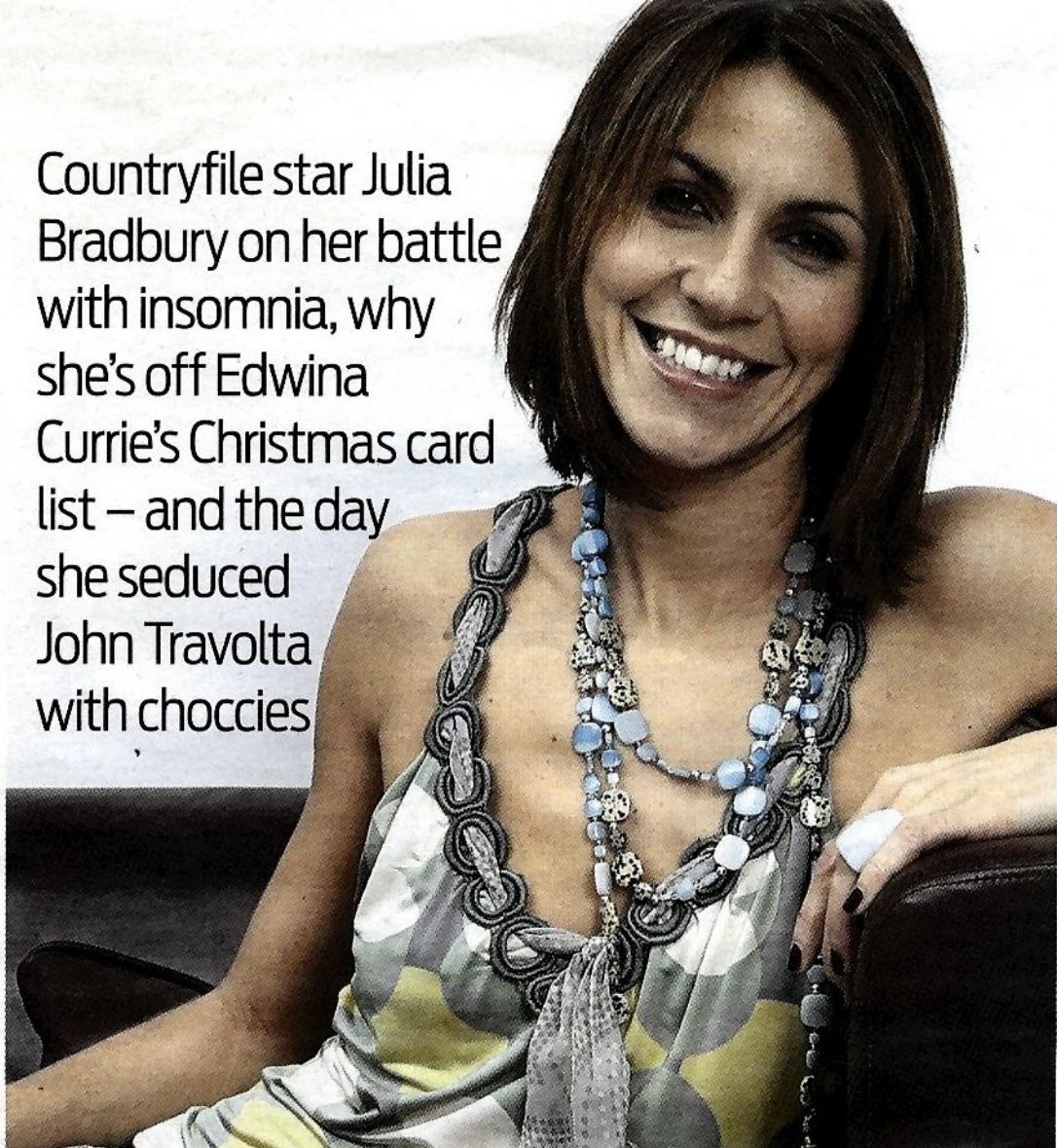
Which famous person is your all-time greatest crush?

Grease was my favourite film when I was younger, and I had a huge crush on John Travolta. When I started as a GMTV correspondent, my very first job was to interview him at the Beverly Hills Hotel in LA. I'd read that he likes chocolates, so I took him a box of Belgian choccies, and he was thrilled. He was very charismatic and looked you straight in the eye, which made him even more attractive in the flesh.

Who was the last person to make you cry?

My mum or my sister sending me a lovely message on my birthday. We weren't together because I was working and they were off on a big family holiday. I do cry a lot and it is easy to set me off. Anything like lost love, cruelty or an emotional scene in a film sends tears rolling down my cheeks. I also believe there is nothing more attractive than a man who is actually man

Countryfile star Julia Bradbury on her battle with insomnia, why she's off Edwina Currie's Christmas card list – and the day she seduced John Travolta with choccies



How I melted Travolta's heart

enough to allow himself to cry. I find that really appealing.

What's been your biggest regret in life so far?

Not going to university. I didn't like school and wanted to leave as quickly as possible. It's only now that I realise it would have been wonderful to go to university, and to be able to devote three years of your life to learning. I'd love to be really well-informed, like Stephen Fry, who is one of my heroes. It must be wonderful to be able to talk to people about history and literature, and really know what you're talking about.

What song would you have played at your funeral?

Human by The Killers. It's a fantastic anthem and a happy song to go out on. I'd like to go out with a bang, so I think people should be drinking Aquavit at my funeral, too, to get things going. So perhaps Edwina had better not come.

Who's been the biggest influence in your life?

My mother, father and sister, Gina. We are Welsh Greeks, and very close. We can talk about pretty much everything. We all go to bed

quite late, so Gina and I think nothing of emailing each other at 1.30am to see if the other is still up, then ringing up for a late-night natter.

What would you never throw out?

I'm a terrible hoarder. I have boxes full of yellowing newspaper cuttings, because I love going back to articles I've found interesting in the past. Because I haven't been home much, the pile is growing higher and higher, and my dining table is covered in books and magazines

What makes you feel guilty?

Switching off the BlackBerry and not answering my calls for a day. They're known as 'CrackBerrys' and I know why, because they're so addictive. Mine is a curse. I resisted having one until two years

ago, when I started working on Five's Rough Guide travel series. My sister said I should have one so I could check my emails while abroad, and it's the worst thing I've ever done.

What keeps you awake at night?

Everything. My mind buzzes all night, full of everything that has happened during the day. I learned a technique where you visualise it all on a blackboard and slowly wipe it clean, but once I start thinking about everything on the blackboard, I can't sleep anyway. I don't need a lot of sleep, though. I can go to bed at 1am and be up at seven, ready for the new day.

What was your most embarrassing experience?

I was at a press launch once, and the actress Jenny Agutter turned up. I hadn't had the chance to research her, so I asked if she would ever consider moving to LA to further her career. At which point she told me she'd been living there for the last ten years. She was okay about it, but I just wanted the ground to swallow me up. ■

Amanda Cable
Countryfile, BBC1, Sundays, 7pm.

Did you know?

Although an interior designer by trade, Julia's mother, Chrissi, is an accomplished seamstress – and she makes the clothes that Julia wears on Watchdog