

## Chantelle Pretorius –Tshwane, Gauteng



FACE YOUR POWER. EMBRACE YOUR FUTURE.

**Name:**

Chantelle Pretorius

**Region:**

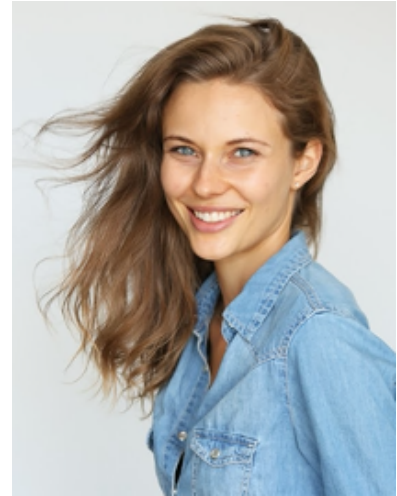
Rietvalleirand, Tshwane, Gauteng

**Age and birthday, day, month and year:**

24 (Born January 18, 1996)

**Occupation:**

I am a full-time model and spend six to nine months a year working in Europe. I am also finishing my B.Comm Business Management degree through Unisa and completed a diploma in nutrition at The Blackford Centre, United Kingdom.



**Previous beauty competitions/pageants won:**

I won the Miss Waterkloof title in my matric year at Hoerskool Waterkloof.

**Why do you want to be Miss South Africa and what do you think you will be able to bring to the role?**

I would love to become the next Miss South Africa as it will create an incredible platform to reach young girls and women and motivate them to be comfortable in their own skin. I have a passion to help young women to accept their imperfections and love their differences.

With my four years of experience travelling the world and living with different cultures, I've learned that no matter your race/culture/colour we are all the same and just striving to find our perfect spot in this weird and wonderful world.

**How have you handled the lockdown due to the Covid 19?**

Just before the lockdown was announced in South Africa I was working for a regular client in Portugal and had to make the decision whether I wanted to continue working or take one of the last flights back to South Africa. I am so grateful that I made the decision to come home and spend this precious time with my family. My time at home also motivated me to pursue my passion for nutrition and I decided to take the opportunity to start a small business cooking healthy homemade dinner for friends and family.

**What has this time taught you?**

This unsure and scary time taught me that there is no price tag on building memories and time with your family. We had time to talk about the important things in life and got to know each other all over again. It also helped me to think about what is important to me and what I want to achieve as a woman. I firmly believe that you should create an opportunity where there seems to be none and I am grateful that I used this time productively to help others to live a healthier life.



### **2020 has been a tough year globally. Do you see any positives in what has happened in the past months and weeks?**

Of course, 2020 has not been at all what any of us expected, but there are so many positives. We live in a world where we are always complaining that we don't have time and we are always in a rush to do something. This forced shutdown was the perfect opportunity to take time to figure out what you want to achieve in life and to get in-check with yourself to see if you are happy with where you are at the moment. It was also wonderful to see the positive effect that the global lockdown had on our planet and environment.

### **What do you love about South Africa?**

My travels to several countries in the world have made me realise that we are not called sunny South Africa without a reason. Only mentioning the word 'braai' puts everyone in a good mood and lucky for us, every day is braai weather in South Africa. I also love the way everyone puts aside their differences and comes together as one when there is a big sports event taking place.

### **What is one thing you would like to change about South Africa?**

The hatred and discrimination. We are all worthy and equal, your background should not influence your future.

### **Who is a previous Miss South Africa who has inspired you and why?**

Rolene Strauss. She faced a lot of judgement and body shaming during her reign as Miss South Africa, but that only motivated her to work harder and still bring home the Miss World crown. She also used the platform to share her struggles with young girls and this made her even more relatable to those who looked up to her as a role model.

### **Who are your role models?**

It probably sounds very clichéd but my parents are my biggest role models. They are always first to motivate and encourage me in whatever I decide to do. I still have the privilege to see the way they live everyday and how they spread love and kindness to everyone around them. They've truly inspired me to become the person that I am today.

### **Tell us a bit more about your family:**

My mom Helga and dad Werner are still happily married after 29 years. They are the perfect example of what love is and should be. My dad has his own interior contracting company and my mom does the admin. One of the things that I am most grateful for is the fact that my mom was able to stay at home with my sister and me while we were growing up. My sister Lizelle (26) works for Emirates. We don't get to see each other that often as we both travel a lot but we have an amazing relationship and I can always be sure that she has my back.

### **What do you do in your spare time?**

I absolutely love cooking. I will always find new interesting and healthy recipes that I force my family to try. One of my favourite things to do, especially when travelling, is to sit at a coffee shop and people watch. I can sit there for hours and make up little stories about each person that I see. I am also a very active person and love to get my body moving. Exercising, hiking, running always makes me feel better.



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### **In which way do you think beauty pageants are still relevant today?**

I think it's very important to make sure that people realise that there's much more to a pageant than your outer beauty. Pageants - especially Miss South Africa - create a platform where you can really lend a helping hand. It's all about creating an opportunity to make a difference where you think seems most fit.

### **Name two of your female role models and why?**

Queen Esther from the Bible is a big inspiration to me. She lived according to uncompromising standards and chose class, honour, wisdom and faith to rescue her own people. She also taught us that there is always more going on than meets the eye.

And, of course, my mother, who's the woman who always supports me and gives freely to others without expecting anything back. She's an incredibly strong woman and I am always surprised by the way her instinct kicks in whenever there's any type of crisis. She always has the right words and motivates me to follow my dreams.

### **What is your message to young girls and young women in South Africa?**

Be yourself. You will never be perfect to everyone because beauty truly is in the eye of the beholder. If you take care of yourself to the best of your ability and you know that you've done all you can to be your best self, then it's automatically easier to accept yourself and embrace your differences.

### **If you won the Miss South Africa crown and was able to meet one person, who would it be?**

Nataniël. I love his sense of humour, his cooking, and the way he is always unapologetically himself.

### **What is the one thing people would be surprised to know about you?**

I absolutely hate being unprepared and hungry, so I always carry an emergency snack with me. It's usually a random carrot and a pack of almonds.

### **What is the No 1 piece of advice that you would give to your younger self?**

Stop comparing yourself to the person next to you. You are enough!

### **Describe yourself in three words:**

Compassionate. Loyal. Fair.

### **What are you reading?**

I am reading a book series from Francine Rivers called The Sons of Encouragement and also The Prophet by Khalil Gibran

### **What music are you listening to?**

I love music you can easily sing and dance along to. Queen never seems to disappoint if I run out of songs.

### **What are your favourite TV shows?**

Sugar Rush, Instant Hotel, Desperate Housewives, Friends, Modern Family.

**Your favourite meal?**

I love Indian and Asian inspired food. My favourite meal to make is a chickpea and sweetpotato curry.

**Who's your local and international celeb crush?**

Armand Aucamp and Ryan Gosling.

**What's your guilty pleasure?**

Dark chocolate and red wine

**Social media tags:**

- Facebook: Chantelle Pretorius
- Instagram: chantelle\_pretorius
- Twitter: @ChantieP18