

KAYLAN MATTHEWS - GQEBERHA, EASTERN CAPE

Name: Kaylan Matthews

Region: Gqeberha, Eastern Cape

Age: 25 (April 20, 1996)

Occupation:

I am in my final year of studies for a Bachelors in Human Movement Science (BHMS) at the Nelson Mandela University. I have a huge love for exercise and living a healthy, wholesome lifestyle. I will correct misinformation people are told about the health and fitness industry with the knowledge that I obtain from my degree. I also want to motivate people to accept themselves and learn to love their bodies and to fall in love with exercise and all its benefits.



Previous beauty competitions or pageants you have entered:

Face of Ponds 2018 - Top 5; Ultimate Wildcat 2019 #choosekindness – Top 5

Why did you decide to enter Miss South Africa 2021 and why do you deserve to win this title?

I have always admired the Miss South Africa platform but up until now have never been eligible to enter. I am 160cm tall and have a tattoo. With the Miss South Africa Organisation lifting restrictions I can see myself amongst the great women who have entered before me, not only contributing to the diversity and inclusivity but further using my voice in conjunction with theirs to carry on addressing and voicing concerns. The sisterhood built up in the organisation is admirable and it's something I can see myself a part of. I am ready to inspire and empower those that will follow after me. As a country, we need to continue voicing the problematic conversations but not forgetting all the joyous moments us as women and a country experience.

Tell us about your biggest disappointment and how you bounced back from it.

I changed qualifications twice so always felt that I was behind in life. My immediate family has been my biggest support system as they would remind me that as long as I don't quit, I am not failing. I grew closer to my faith and with this I am content knowing that my journey is unique, my timing is my own and perseverance will get me to where I need to be.

What do you think is the biggest problem facing young people today?

Comparison. Social media has become imbedded in our everyday lives. Us as young individuals are constantly comparing ourselves to the next individual. It can and does affect us mentally.

Who are your role models?

My parents, who have worked hard to put my brother and me through university. I can always rely on them. They constantly push and motivate me through life and remind me that all my dreams are valid and that they will always be there. My brother too always motivates me, uplifts me and supports me. He is hardworking and encourages me to be the same. I am blessed with an amazing family that continues being my support system.

Tell us a bit more about your family?

My mother Michelle has a national diploma in policing and is currently a police captain.

My father Eric has degrees in criminology and forensic investigation and is also a police captain. My brother Keagan has a degree in pharmacy and is a pharmacist.

What do you do in your spare time?

If I'm not at the gym I'm home watching Netflix or catching up with university work.

What is your single biggest achievement?

Everything I take on, I tend to either succeed in or get really far in. That to me is a single achievement within itself as it shows me that I do things passionately and wholeheartedly and I that believe in myself and my potential.

In what way do you think beauty pageants are still relevant today?

Different platforms empower different women. Each platform serves its own purpose yet strives towards a common goal. A woman has the opportunity to walk a local/ global stage and feel beautiful. They also use the stage to address world issues to a large audience. These women are sometimes highly qualified and skilled in areas. If beauty pageants were no longer serving a purpose, the interest in them would have declined. Women are inspired by women and there's nothing degrading about that.

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

Their dreams are valid. You need to believe and appreciate your physical attributes and your needs. It's important to have vision in life; it puts you on a path of self-focus. With this, know that your path and timing is different to that of your neighbour. There is no wrong way to life if you are focused enough to chase your goals. What is meant to be yours, will be yours.

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

Our youth need to be taken more seriously. Their voices need to be heard; their concerns need to be addressed as they are the future leaders of this country. Study opportunities need to be granted and youth graduates need to hold important positions in our country.

2020 and 2021 have been extraordinary years and difficult for people around the globe. Do you see any positives in what has happened in the past 18 months?

Appreciate those that are in your life consistently. Life can take them away at any given moment, so it's important to appreciate the time and access you do have with them. I also feel that it showed that us as a human race can come together and support, help and motivate each other to achieve a desired outcome.

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

Any person that has paved the path for the next deserves my respect and I would be honoured to meet them. I don't think I have one particular person of importance on my mind.

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

I danced classical ballet from eight to 17-years-old.

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

You've prayed for it, now wait for it while working towards it. Your time will come and what's meant to be will happen.

QUICKFIRE QUESTIONS

Describe yourself in three words:

Ambivert, empathetic, headstrong

What's the best advice you can give in exactly four words?

Failing doesn't mean failure

Who's your favourite designer and why?

Gert-Johan Coetzee. His pieces never disappoint.

You have to give up one of these? Handbags or shoes?

Handbags

What is one thing that we would not know about you just by looking at you?

I'm short and tend to photograph tall

What would be your dream holiday?

A trip to Dubai, on a yacht with my girls

If you could have any superhuman power, what would it be?

The ability to teleport

What are you reading?

Study material

What music are you listening to?

Old school R'n'B always

What are your favourite TV shows?

Suidooster, Arendsvlei, Pose, Blood and Water, Euphoria, You, Sex Education, Emily in Paris, Teen Mom 2

What is your favourite meal?

Seafood, chicken and sushi. Also, lentil soups

What's your guilty pleasure?

Oreos

Social media tags:

- Facebook: @Kaylan Matthews
- Instagram: @kaylan_matthews
- Twitter: @:MatthewsKaylan