

Name Helfrich-Förster, Charlotte, Prof. Dr.
Born 30.08.1957
Gender female
Affiliation Neurobiology and Genetics
 University of Würzburg
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Position Senior Professor for Chronobiology (since April 1, 2025)
Children 2 (born 1985 and 1987)
Parental Leaves 09/1985-09/1986 and 08/1987-12/1992

University training and degree 1981-1982 Biology, University of Tübingen, Diploma
 1976-1981 Study of Biology at the Universities of Stuttgart and Tübingen
 Supervisor: Prof. Dr. Wolfgang Engelmann

Advanced academic qualifications 2000 Habilitation in Zoology, University of Tübingen,
 Mentors: Prof. Dr. Hans Erkert, Prof. Dr. Kuno Kirschfeld
 1985 Doctorate in Plant Physiology, University of Tübingen,
 Supervisor: Prof. Dr. Wolfgang Engelmann

Postgraduate professional career

2009-2025	Chair of Neurobiology and Genetics (Prof. W3)
2021-2023	Vice-Dean of the Biological Faculty JMU Würzburg
2019-2021	Dean of the Biological Faculty JMU Würzburg
2018-2022	Deputy Speaker and Female Mentor in CINCHRON (Comparative Insect CHRONobiology), Marie Skłodowska-Curie grant agreement No 765937, European Union's Horizon 2020
2017-2019	Vice-Dean of the Biological Faculty JMU Würzburg
Since 2016	Elected member of the "Fachkollegium 206 Neurowissenschaften der Deutschen Forschungsgemeinschaft (DFG)"
2014-2016	Speaker of the Biocentre of JMU Würzburg
2013-2017	Speaker of the Collaborative Research Centre "Insect Timing" (SFB1047, DFG)
2013-2016	Member of the Marie-Curie ITN "INsecTIME" (European Union)
Since 2009	Chair of Neurobiology and Genetics (W3) at the JMU Würzburg
2007-2009	Women Representator of the Biological Faculty University Regensburg
1994-2001	Central Steering Committee of Integrated Project "EUCLOCK" (EU Sixth Framework Programme)
2003-2009	Managing Director of the Institute of Zoology, University of Regensburg
2001-2009	Professor for Zoology (C3), Institute of Zoology, University of Regensburg
1998-2000	Independent "Margarete von Wrangell Habilitation" group leader, Institute of Zoology, Tübingen
1996-1997	Research Fellowship DFG, Institute for Biology I, Tübingen
1994-1996	Post-Doc II, Max-Planck-Institute of Cybernetics, Tübingen
1986-1985	Post-Doc I, Institute for Biology I, Tübingen

Other

Editorial Board: *Journal of Comparative Physiology* (since 2009), *Journal of Neurogenetics* (since 2011); *Journal of Biological Rhythms* (since 2011), *Frontiers in Physiology* (since 2018), Reviewing for >50 ISI ranked journals;
Member at Large of the Society for Research on Biological Rhythms (2007-2009 and 2020-2022), Member of the Board of the European Biological Rhythms Society (EBRS) (2012-2019)
Awards: *Attempto-Award*, University of Tübingen (1986), *Aschoff's Ruler Award* (2003), *Aschoff-Honma Prize* for Biological Rhythm Research (2005), *Ariens-Kappers-Medal* of the European Biological Rhythm Society (2011), *Karl-Ritter-von-Frisch Medal* of the German Zoological Society (2014), *Bernhard-Rensch-Lecture*, University of Münster (2018), *Member of the Leopoldina* (2021), *Presidential Lecture* at the Society for Research on Biological Rhythms (2024), *Verdienstmedaille* der Julius-Maximilians-Universität Würzburg (2025).

12 key publications (ORCID: 0000-0002-0859-9092)

1. Reinhard N, Bertolini E, Kuwahara T, Sekiguchi M, Rieger D, Taghert PH, Yoshii T, **Helfrich-Förster C** (2025) A functional clock in only two dorsal clock neurons is sufficient to restore the basal circadian activity pattern of *Drosophila melanogaster*. *Proceedings of the National Academy of Science USA* 122 (44): e2506164122.
2. **Helfrich-Förster C**, Domenie E, Hovestadt T, Mitesser O, Ferlin A, Wehr T, Costa R, Montagnese S (2025) Synchronization of women's menstruation with the Moon has decreased but remains detectable when gravitational pull is strong. *Sci Advances* 11(39):eadw4096.
3. Hüppe L, Bahlburg D, Driscoll R, **Helfrich-Förster C**, Meyer B (2025) A circadian clock drives behavioral activity in Antarctic krill (*Euphausia superba*) and provides a potential mechanism for seasonal timing. *eLife*, <https://doi.org/10.7554/eLife.103096.1>
4. Reinhard N, Fukuda A, Manoli G, Dercksen E, Saito A, Möller G, Sekiguchi M, Rieger D, **Helfrich-Förster C**, Yoshii T, Zandawala M (2024) Synaptic connectome of the *Drosophila* circadian clock. *Nature Communications* 15, 10392.
5. **Helfrich-Förster C**, Monecke S, Spiouzas I, Hovestadt T, Mitesser O, Wehr T (2021) Women temporarily synchronize their menstrual cycles with the luminance and gravimetric cycles of the moon. *Science Advances* 7: eabe1358.
6. Bertolini E, Schubert F, Zanini D, Sehadova H, **Helfrich-Förster C**, Menegazzi P (2019) Life at high latitudes does not require circadian behavioral rhythmicity under constant darkness. *Current Biology* 29(22):3928-3936.e3.
7. Menegazzi P, Dalla Benetta E, Beauchamp M, Schlichting M, Steffan-Dewenter I, **Helfrich-Förster C** (2017) Adaptation of circadian neuronal network to photoperiod in high-latitude European *Drosophilids*. *Current Biology* 27: 833-839.
8. Yoshii T, Wülbeck C, Sehadova H, Veleri S, Bichler D, Stanewsky R, **Helfrich-Förster C** (2009) The neuropeptide Pigment-Dispersing Factor adjusts period and phase of *Drosophila's* clock. *Journal of Neuroscience* 29: 2597-2610.
9. Yoshii T, Ahmad M, **Helfrich-Förster C** (2009) Cryptochrome mediates light-dependent magnetosensitivity of *Drosophila's* circadian clock. *PLoS Biology* 7 (4): e1000086.
10. Bachleitner W, Kempinger L, Wülbeck C, Rieger D, **Helfrich-Förster C** (2007) Moonlight shifts the endogenous clock of *Drosophila melanogaster*. *Proceedings of the National Academy of Science USA* 104 (9): 3538-3543.
11. **Helfrich-Förster C**, Winter C, Hofbauer A, Hall JC, Stanewsky R (2001) The circadian clock of fruit flies is blind after elimination of all known photoreceptors. *Neuron* 30: 249-261.
12. **Helfrich-Förster C** (1995) The *period* clock gene is expressed in central nervous system neurons which also produce a neuropeptide that reveals the projections of circadian pacemaker cells within the brain of *Drosophila melanogaster*. *Proceedings of the National Academy of Science USA* 92:612-616.