

Message to women scientists: Success in research comes when you refuse to give up

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Gender gap is still huge in Japan. In Global Gender Gap Report 2020 by the World Economic Forum, Japan ranked 121st of 153 countries and the worst of G7 countries. The percentage of women university students is close to that of men, whereas that of graduate students is nearly 1/3. Number of women researchers is only 16.2% in 2018 and the percentages of women presidents, professors, and associate professors are 4.7, 10.4 and 17.1%, respectively. To overcome this gender gap in the scientific research, leaders of each field in Japan need to aware of the fact and give equal chance to women scientists. In my research field, two international societies have accomplished gender equality in the number of board members and try to keep it in speakers and chairpersons at the meeting. In the recent special issue on Circadian Rhythms at *Eur. J. Neuroscience*, all 23 reviews are written by women authors. So, leaders should aware and act. For young women researchers, followings are my message; 1. Never give-up, do not quite, be patient and don't mind what other people say. 2. Take advantage of anything and anybody. 3. Willingly accept the requested works. Respond quick and politely. 4. Any experience is useful and will become a life asset. So, don't haste. 5. Try to be recognized not domestically but internationally.