Studied at the Tallinn State Conservatory from 1988 to 1993 in the violin class of Professor Jüri Gerretz.

In 1988–1998, he worked as a violin teacher at the Tallinn Music High School and at the same time was also the violin concertmaster (?) Of the Tallinn Chamber Orchestra. Since 1997 he has been the concertmaster of the Pärnu City Orchestra and since 1998 he has been the concertmaster of the Vanemuine Symphony Orchestra and a violin teacher at the Tartu Music School named after Heino Eller. He has performed both as a soloist and in many chamber ensembles.

Kristel Eeroja-Põldoja is a founding member of the Tartu String Quartet and the first violin.