Erik Tens has been studying the piano for seven years at Tartu I Music School under the guidance of teacher Marina Ruusmaa. In 2022, he achieved 2nd place in the 5th grade category at the 25th Ago Russak Young Pianists' Competition. In 2023, he won 1st place in the 6th grade category at the 26th Ago Russak Young Pianists' Competition and was awarded the "Russak Silver Spoon" laureate title by the Russak family. In 2024, he secured 3rd place in the 7th grade category at the 27th Ago Russak Young Pianists' Competition.

In 2024, he also won 1st place in the 3rd group at the Baltic States competition Muzikiniai tiltai in Lithuania and received a special award for the best performance of an Estonian composer's work.

Erik Tens has performed multiple times with the Tartu I Music School Sinfonietta under the baton of Kaido Otsing, presenting Bach's Piano Concerto in F Minor at the University of Tartu Assembly Hall, the Vanemuine Concert Hall, and the Tartu I Music School Sinfonietta's Advent concert Dark & Luminous Night at St. John's Church in Tartu. He also performed the same piece during the orchestra's concert tour to Kuala Lumpur, Malaysia, in 2024, where they gave three concerts.

In 2024, Erik Tens gave a solo concert dedicated to the music of F. Chopin at Tartu Tamme Gymnasium Hall.