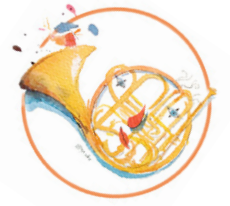


# Erja Joukamo-Ampuja

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## CV



Female musician, hornist

Married, three children

Email: [erja.joukamo-ampuja@uniarts.fi](mailto:erja.joukamo-ampuja@uniarts.fi)

Tel: +358 50 384 3488 / work

**Erja Joukamo-Ampuja** graduated from Sibelius-Academy 1987 making her Master of Music in Horn with excellent degrees and she has completed her studies (1984-2001) in Norway, Austria, Germany, England, Canada and USA with famous pedagogues.

She has made her Licenciate degree in Sibelius Academy 2010. Research was from musicians creativity and improvisation.

Joukamo-Ampuja has being a horn player in the Finnish Radio Symphony Orchestra years 1984-2001 and she has been teaching the French Horn at the Sibelius-Academy since 1987, now being a full time Senior Lecturer of Horn. Erja Joukamo-Ampuja is also an Adjunct Professor / fellow reseacher of Queensland Conservatoire, Griffith University, Brisbane since 2014.

She is a well known lecturer and a teacher.

She has been giving master classes and lectures in Scandinavia, Europe, Australia and USA since 1996. Her horn students have being winning orchestra auditions almost from all orchestras in Finland and also from some orchestras in Europe and getting excellent teaching jobs too.

In teaching and lecturing among traditional horn teaching Erja Joukamo-Ampuja has specialised in:

Mental practicing in music teaching / performing

How to practise and plan your physical practicing and prevent injuries  
(lectures prepared together with a medical doctor)

How to recover from injuries



Learning different practicing techniques  
Creative approach to teaching and improvising  
Teaching ear training and body pulse many practical ways for instrumental players

Erja has done research about Improvisation– courses effect to musicians skills, thinking and creativity. Licentiate work 2010.

### **Erja Joukamo Ampuja**

#### **The experience of the students and teachers in**

#### **Sibelius Academy's "Creative Musicianship Skills" course, pdf**

She has also been participating different research projects:

Mental training and coaching in instrumental teaching & NLP course (1994-1998)

Music assessing: teacher-student situation and effective learning.(1999)

Learning, Problem based learning, Leadership (2001-2004)

How to teach ear training to instrumentalists

(brass, woodwinds, vocal, strings) practical way (2002)

Research about brass players technique and ergonomics (2000-2015)

She has been a member of Music Medicine Association  
(supervising board) in Finland 2000-2013.

She is a member of NORHORNPED (Scandinavian horn pedagogues group) since 1993.

She is a member of a group of teachers who have been creating a new website about practicing tips for musicians. It includes information to students, teachers and professional musicians about different approaches to practicing.

**[www.erjajoukamoampuja.fi](http://www.erjajoukamoampuja.fi)**