CALCULATING THE FREQUENCY OF EM WAVES

$$f = \frac{c}{\lambda}$$

When an electromagnetic wave moves through a vacuum:
The frequency of the wave is equal to the Speed of light divided by its wavelength

f = Frequency
c = Speed of light in a vacuum = 299,792 kilometres per second
λ = Wavelength (The symbol λ is called Lambda)

EM is an abbreviation for electromagnetic waves.
Frequency is a measurement of the number of waves that pass a given point per second.
Frequency is measured in Hertz (Hz). 1Hz = 1 wave cycle per second.