

ABSTRACT

To provide an air-conditioning system and an air-conditioning method capable of efficiently performing comfortable air conditioning.

5 An air-conditioning system 1 includes a total heat exchanger 10, an air-conditioning core unit 20 capable of performing indirect vaporization cooling, a heat pump 30, an air supply flow passage 40, an exhaust flow passage 50, and an outdoor air flow passage 60 capable of guiding outdoor air to a wet channel of the air-conditioning core unit 20. After guiding the outdoor air to the total heat exchanger 10, the air supply flow
10 passage 40 guides the outdoor air to a dry channel of the air-conditioning core unit 20 and supplies the same indoors. The exhaust flow passage 50 has a first exhaust flow passage 51 capable of after having guided the indoor air to the total heat exchanger 10, guiding at least part of the indoor air having passed through the total heat exchanger 10 to the wet
15 channel of the air-conditioning core unit 20 and exhausting the same outdoors.